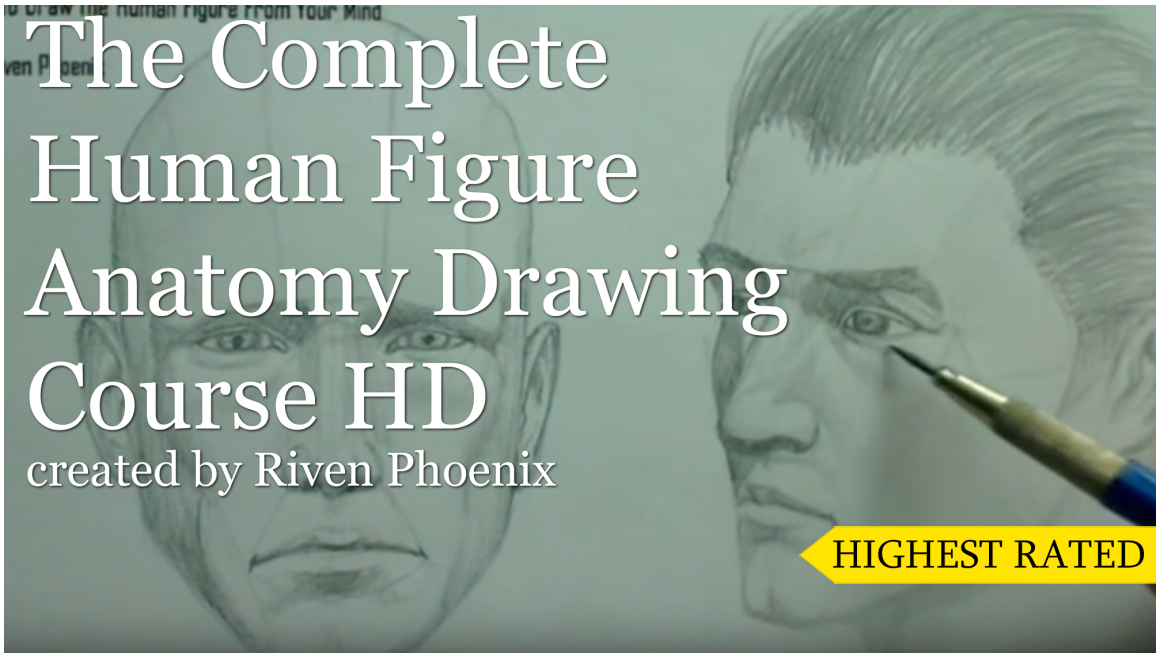

The Structure of Man

Learn to Draw the Human Figure From Your Mind with Riven Phoenix

www.alienthink.com

Figure Drawing Lesson 168 - The Muscles of the Pelvis & Leg - Part 2

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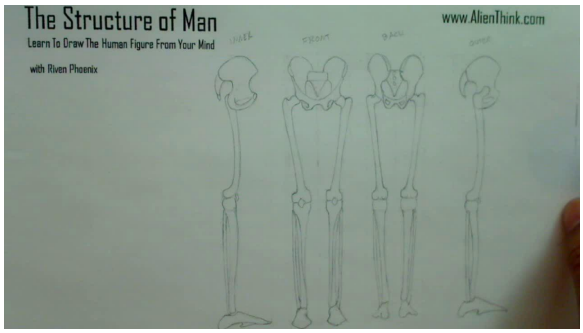
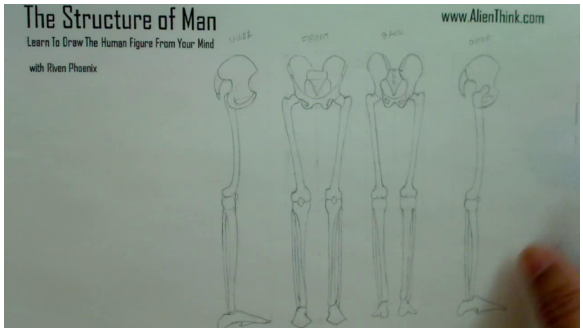
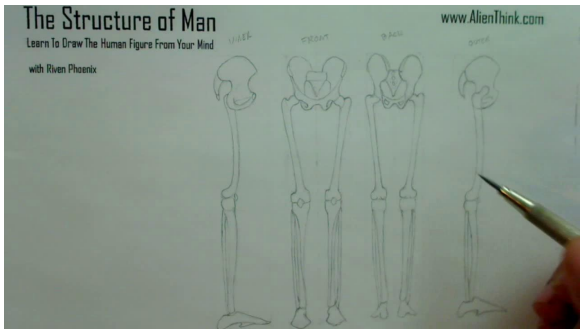
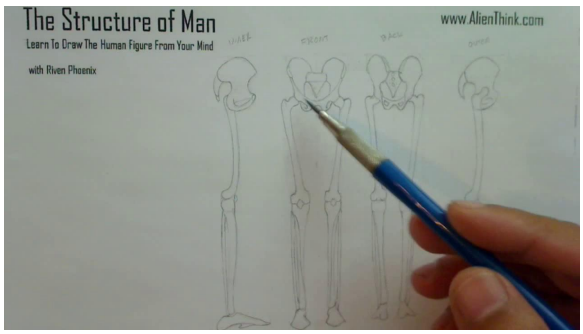
1		Hey guys, my name is Riven Phoenix and welcome to the Structure of Man Learn to Draw the Human
2		Figure from your Mind Training Course.
3		Okay, so now we're going to begin this process of understanding the muscles
4		or the lower part of the body, and this is going to be easy to understand

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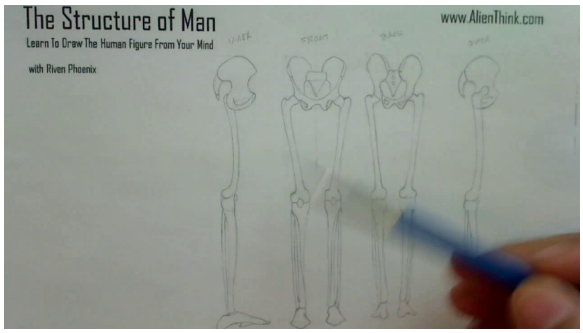
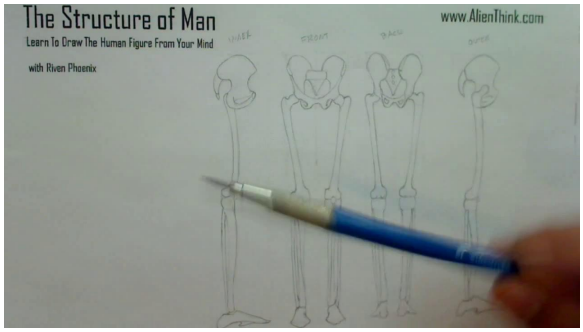
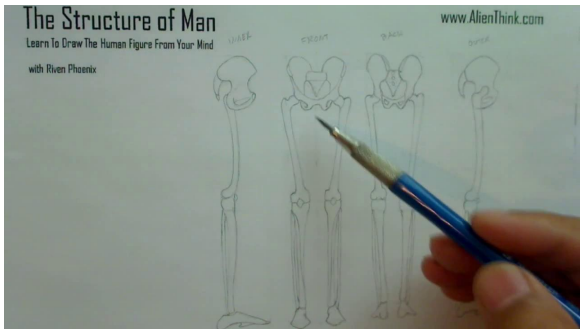
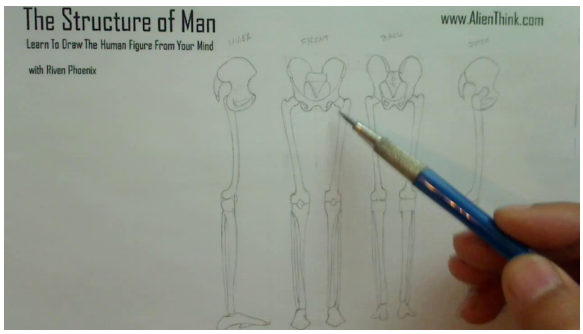
5		but we will take a broken down approach, meaning that we want to understand
6		the upper half first and then we'll understand the lower half.
7		Right, so it's really going to be this part of the inner thighs, the inner workings of the muscles here
8		that we're going to understand and make sure that the mind understands about it.

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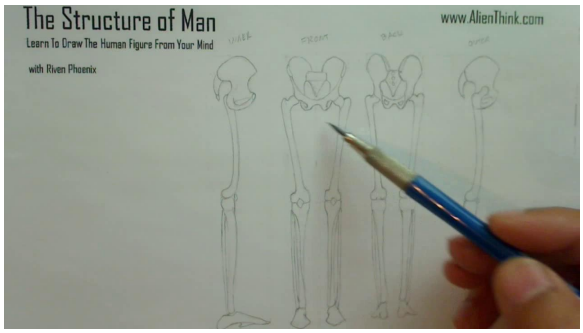
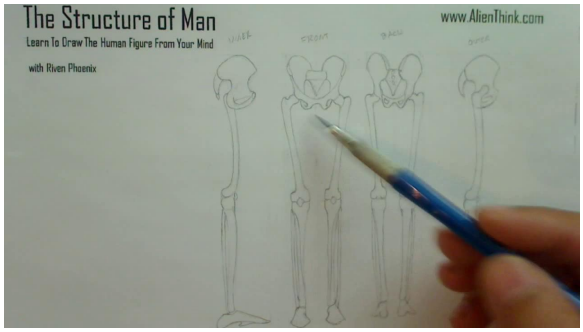
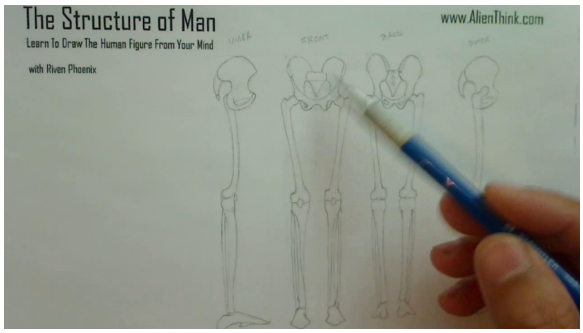
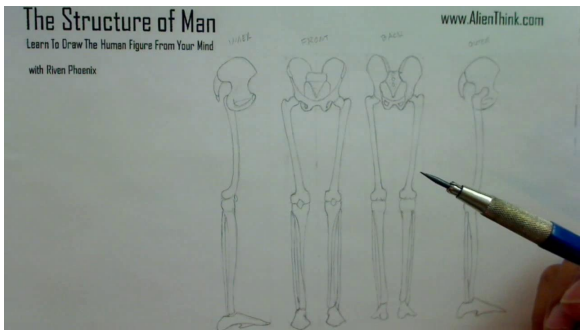
9		So we're going to be inventing quite a bit of muscles.
10		So in this muscle process, I'm going to be using a very simple system
11		just like we did for the forearm where we use a number system.
12		We're going to use an alphabetical system for this end.

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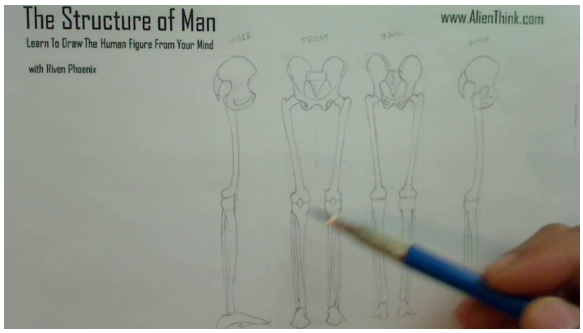
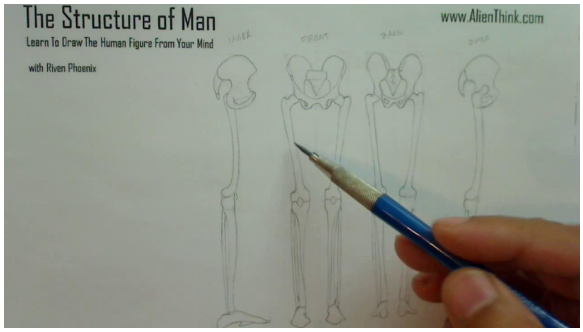
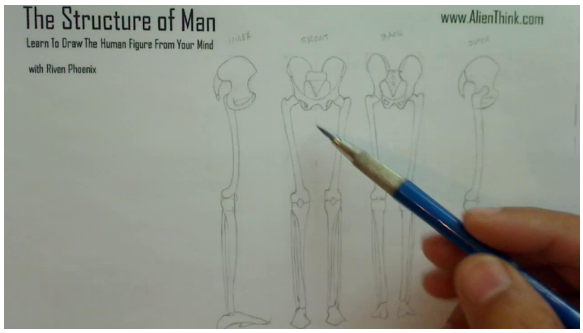
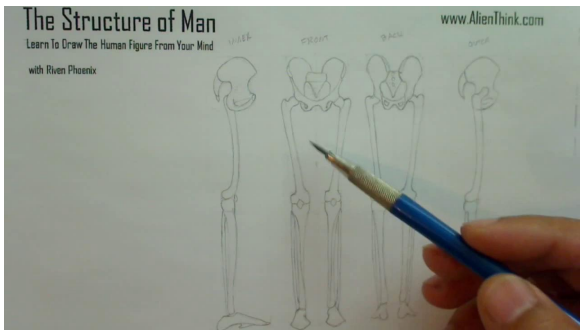
13		And then when we get to the bottom, we'll just use a number system.
14		And the reasoning for this, it just makes your life easier to understand the muscles in this way.
15		So I will point out two major muscles which are called the Abductor Longus and the Magnus muscles.
16		And that is just for your understanding so we can refer, if you wanted to, just refer to them in your anatomical box.

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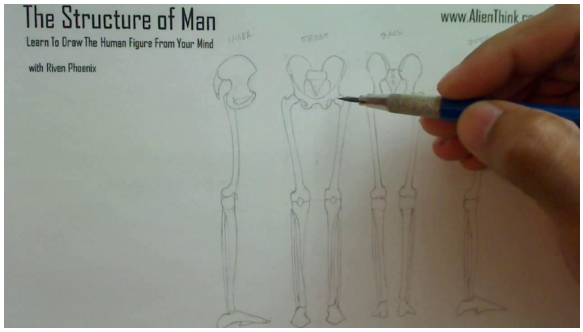
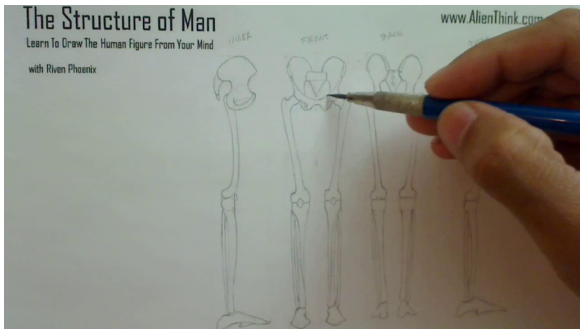
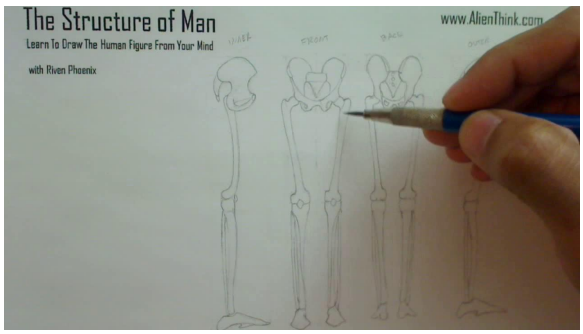
17		Right, because the reason for that is because they're going to peak in and out in several places.
18		So to understand how these muscles are going to work, what we're going to first say that over here,
19		see this top line over here, we're going to get a muscle over here.
20		And basically this muscle is going to come just about here, we'll say.

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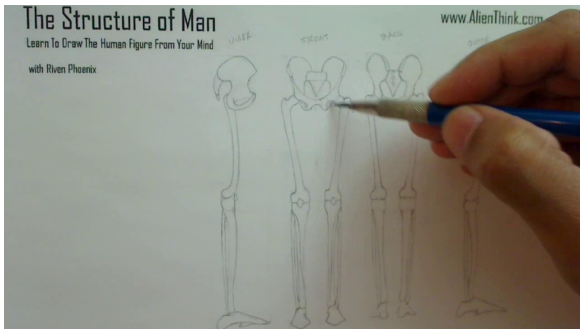
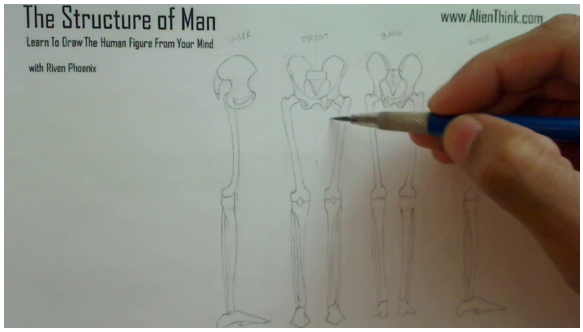
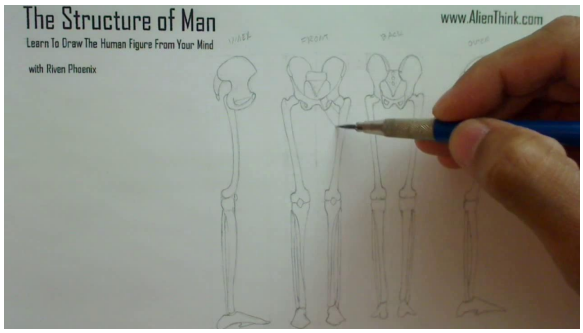
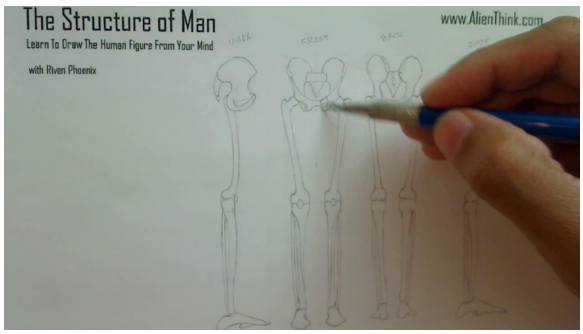
21		Okay, so he's going to be about this big and he's going to come like this.
22		We're going to do this very slowly first, okay?
23		Because I want to make sure you understand this part here of the interworkings of the leg.
24		So this muscle basically is going to come from here and he's going to go right over here and attach to the humerus belt.

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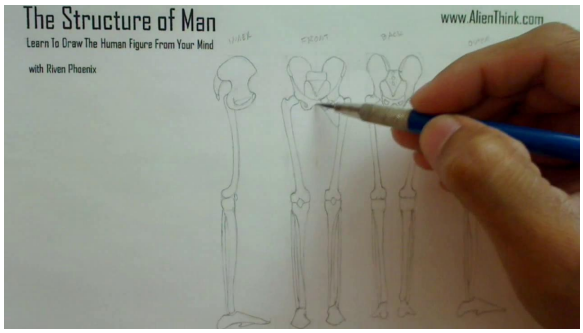
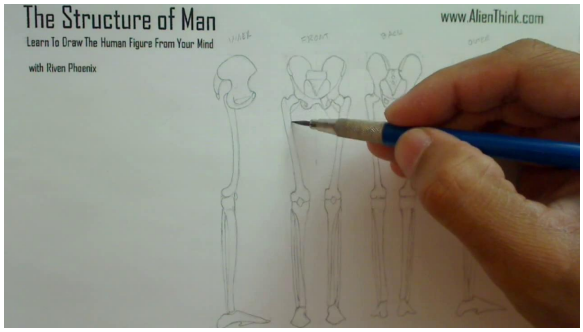
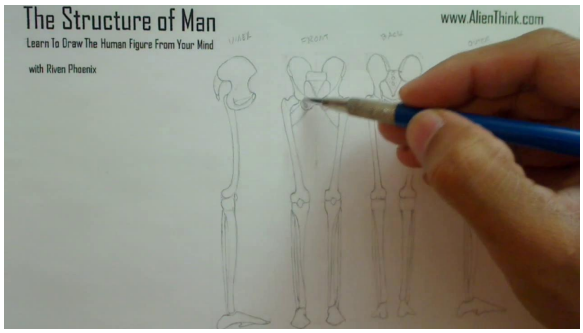
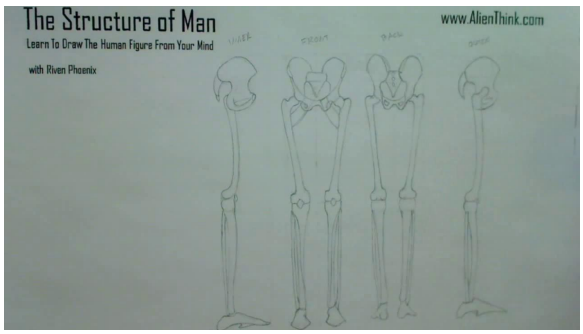
25		So this means that from this side, he's obviously going to do the same thing just like this.
26		Okay, so this is the first muscle that we're going to understand about and he's just going to go like this.
27		He's going to sit down like this over here.
28		Okay, so this muscle, we're going to call muscle A.

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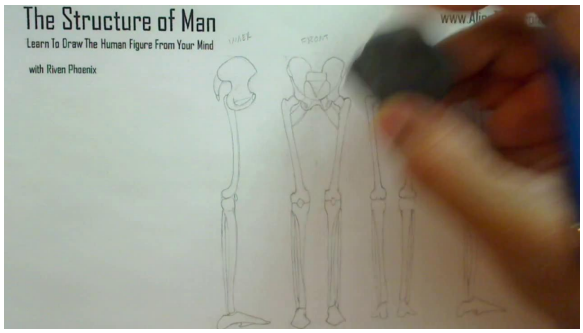
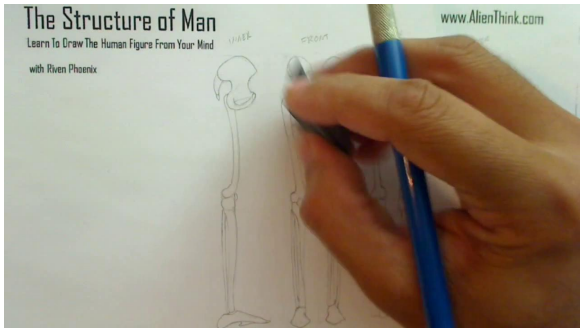
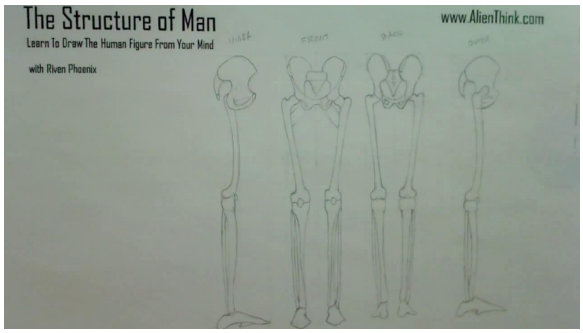
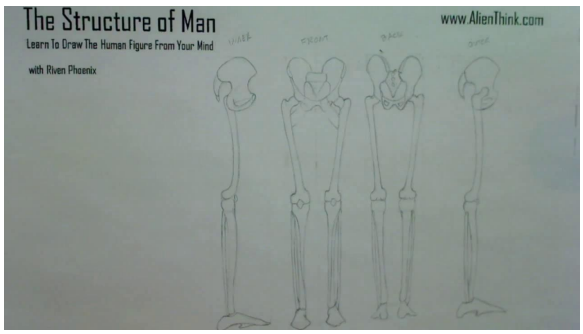
29		Okay, so here I'm just going to, now we're going to be erasing quite a bit because we're going to get into a lot of detail work here.
30		But we have to understand these muscles in layers.
31		So here I'm actually going to use a much more different research, really wipe that stuff out so you can get a better idea of this.
32		Okay, so this is muscle A.

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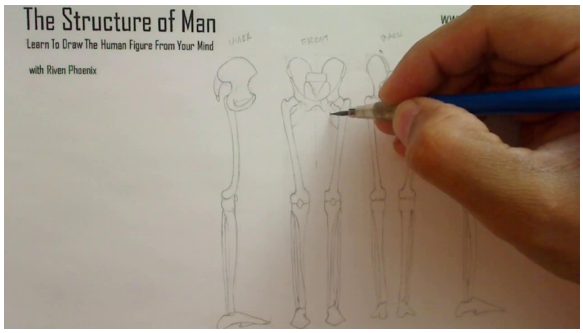
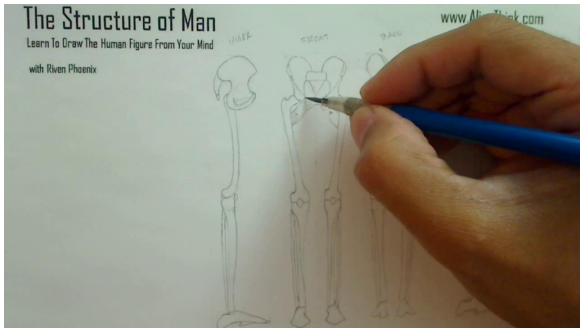
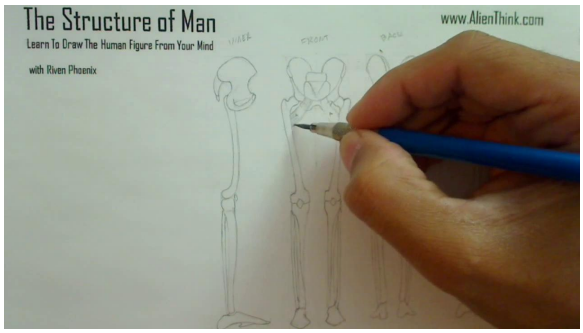
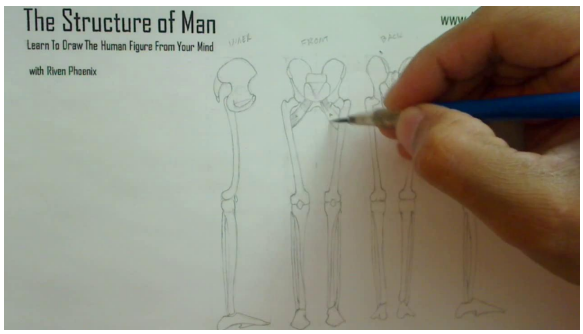
33		Okay, and over here we can just lightly, lightly add him as a muscle over here.
34		And he's just going to go like this over here.
35		Okay, and we can just make an outline like this showing that we understand that this is a muscle over here.
36		And he's just going to go like this over here.

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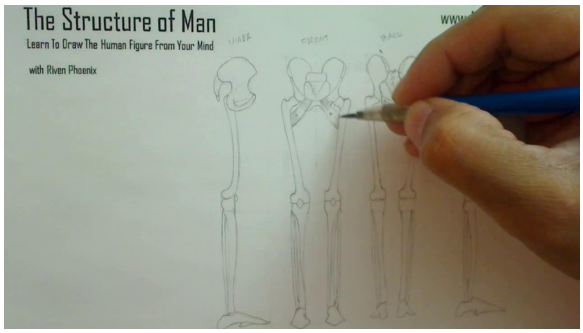
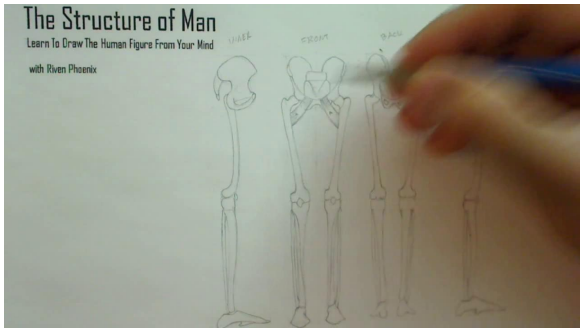
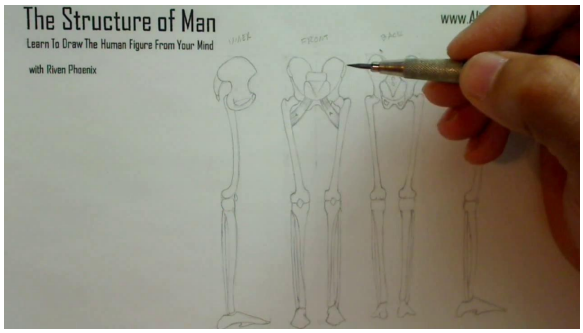
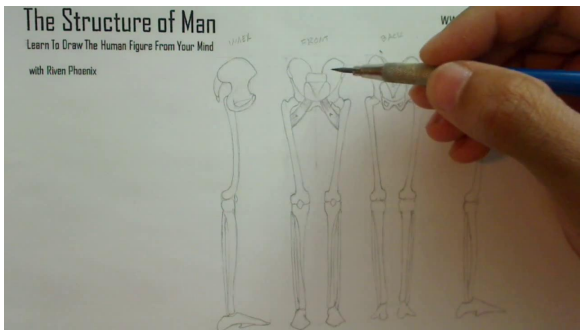
37		Okay, so do this as neat as possible because you'll see that it's going to be a big time payoff because you're going to have a lot of details coming in here.
38		Okay, so this is muscle right.
39		Now we're going to get muscle B.
40		And basically muscle B, what that's going to do, it's going to come right from under, so he's on top.

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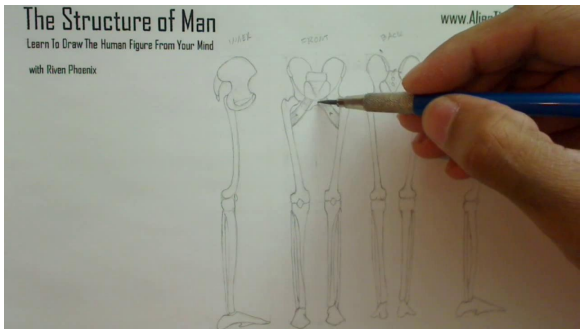
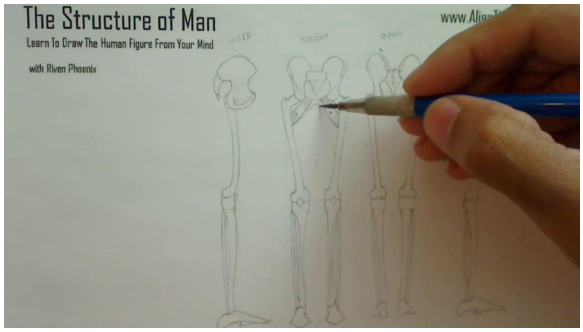
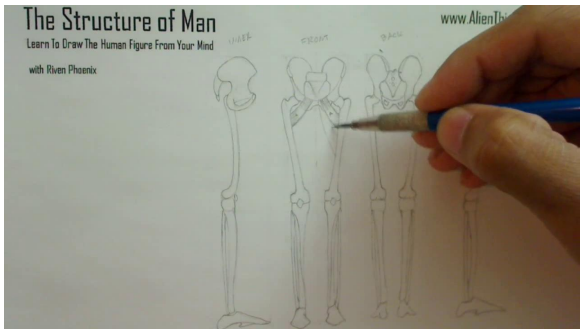
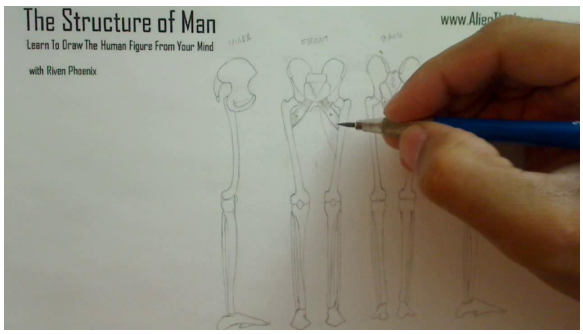
41		So you're going to get muscle B and just about about like halfway over here.
42		He's going to come like this and he's going to go back up.
43		Right, so he's going to expose an area over here.
44		So what this area is, is that this is another muscle that connects from here, but it's under A and B.

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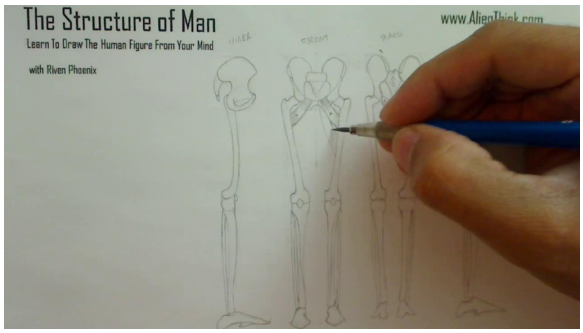
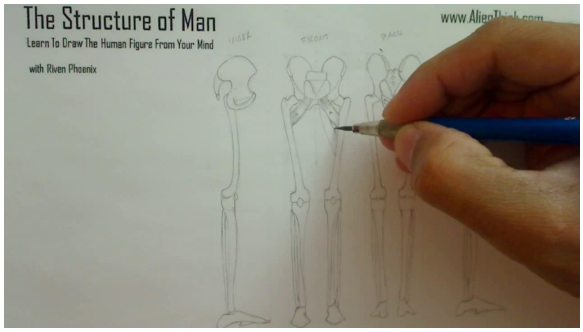
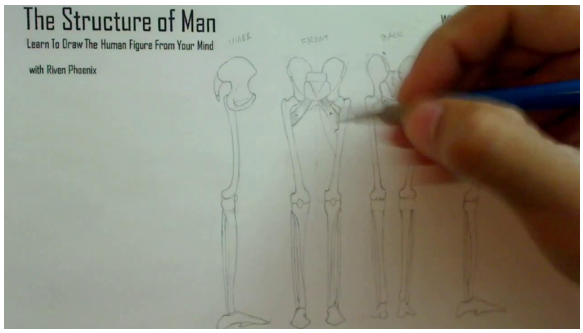
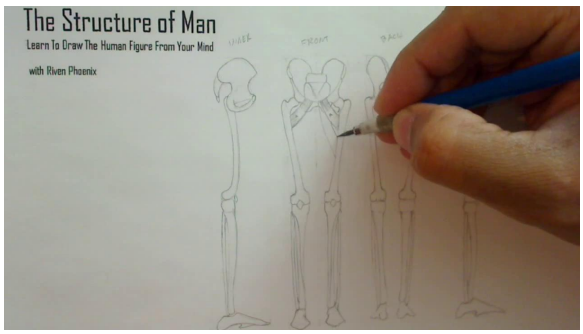
45		And we're going to call him C.
46		But the thing with C is that you will rarely, rarely get to see C.
47		Okay, so I'm going to do this with a very sharp pencil because we're going to get these areas.
48		This is what I'm talking about that we're going to have a lot of detail stuff coming through this.

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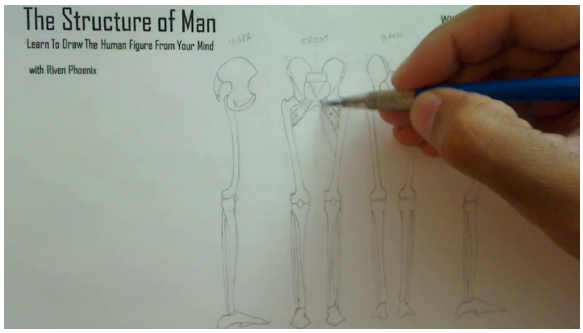
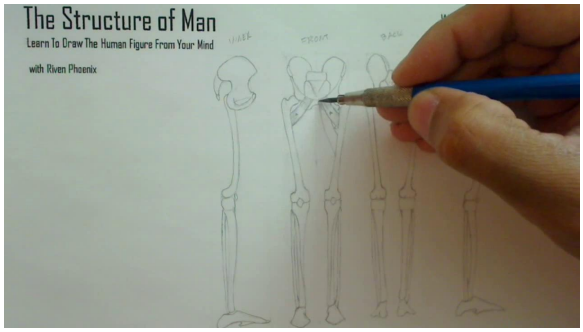
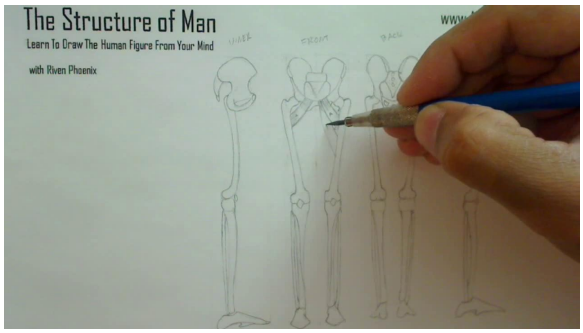
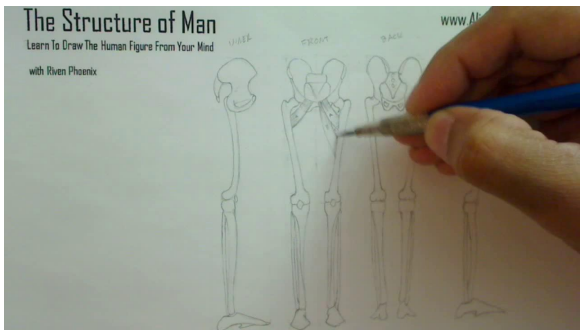
49		But it's important to understand this system here as to what's going on.
50		So this is muscle B.
51		Okay, so I'm just going to slowly, slowly put him in and he's just connecting to the side over here.
52		Of the femur bone.

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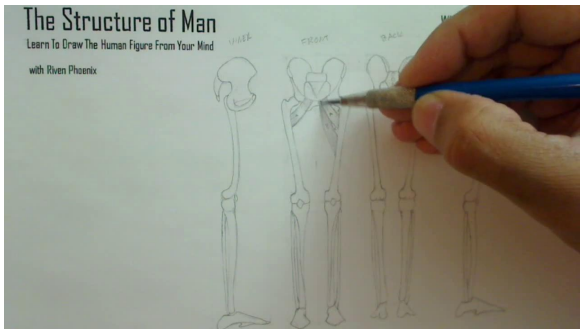
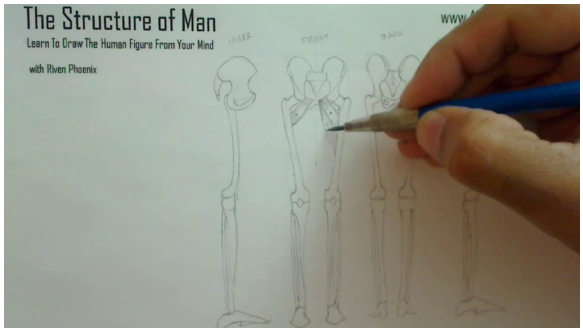
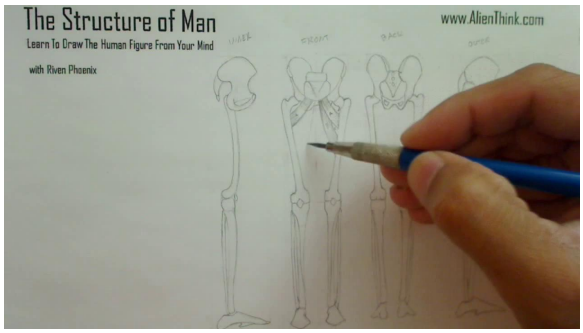
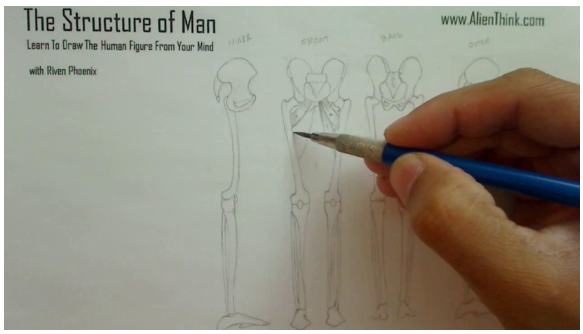
53		Just like this.
54		Okay, so he's going to do the same exact thing on the other side.
55		Now the thing while we're doing these muscles, let me just tell you that there's absolutely no difference between the male and the female figure.
56		Exactly the same muscle structure.

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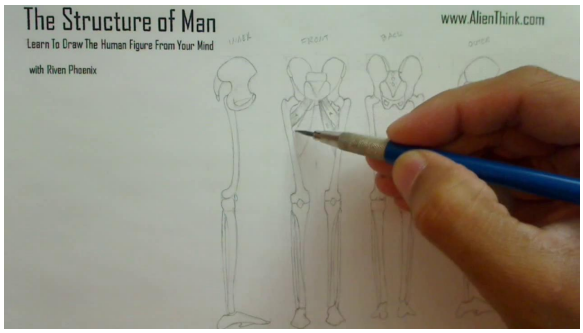
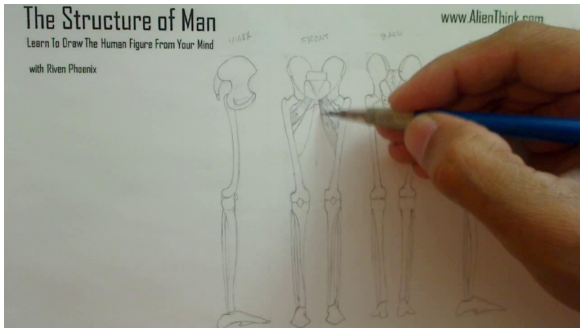
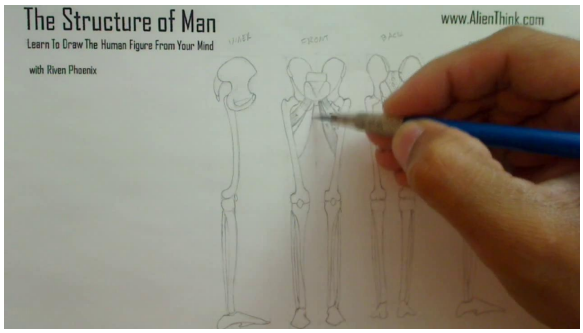
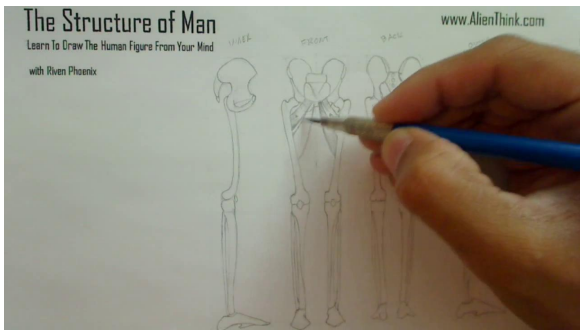
57		The only difference in the female is going to be that you just have different ratios.
58		So here for this muscle, I'm going to make it suit down a little bit more over here.
59		Just like this.
60		Then here we're going to get muscle B.

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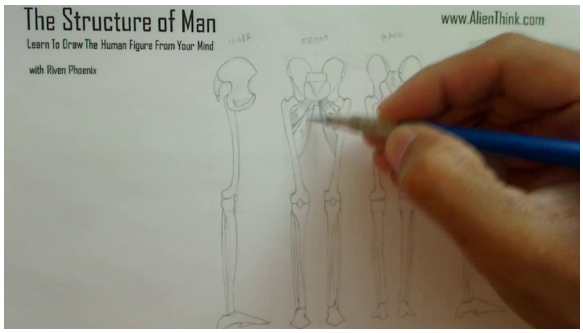
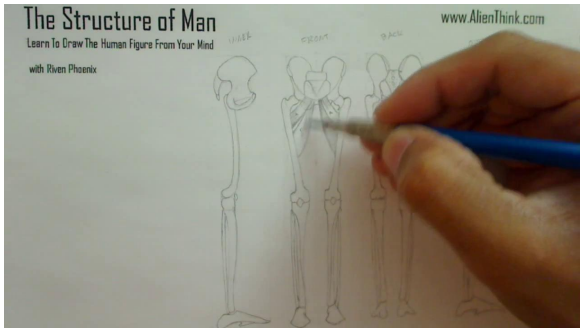
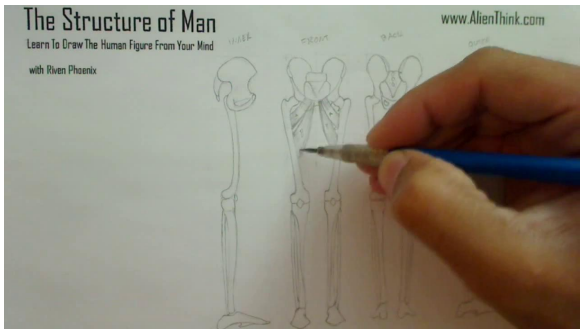
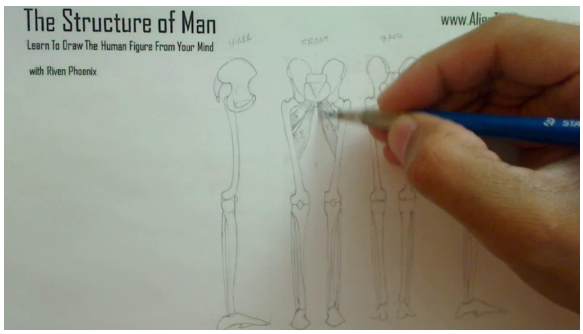
61		Now it doesn't have to be a schematic drawing here.
62		Like I said, each muscle will have its own history.
63		And this is going to be muscle B over here.
64		I'm just going to make him a little bigger, try to match him a little bit on the other side over here.

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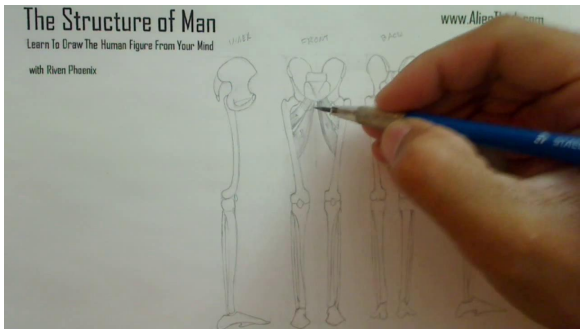
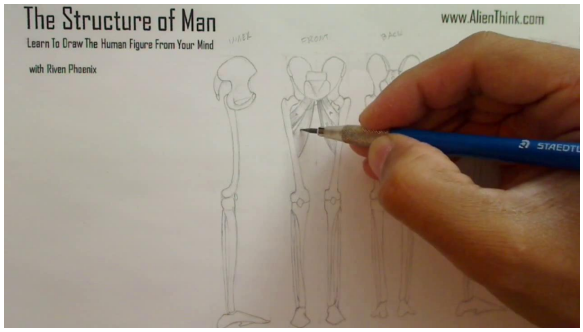
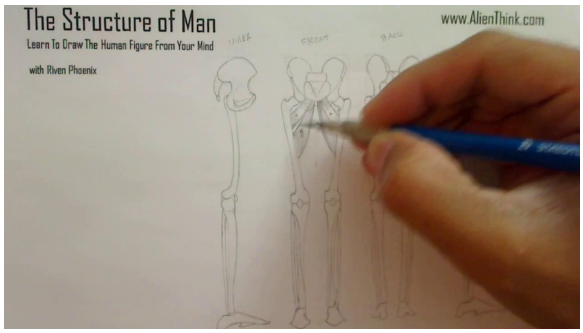
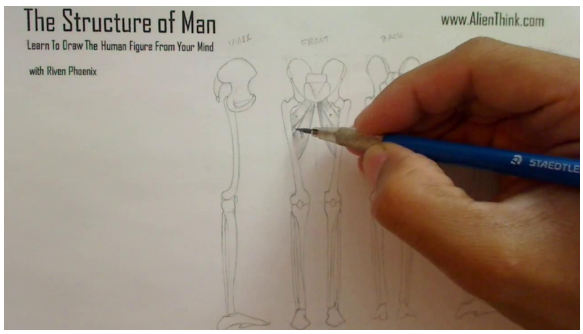
65		Okay, so here I'm just going to do an outline for him, seeing that okay.
66		This is muscle B over here.
67		Right, so again, you're going to get the same thing.
68		You're going to get C inside over here.

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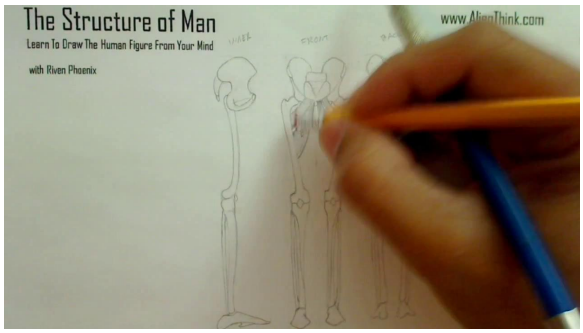
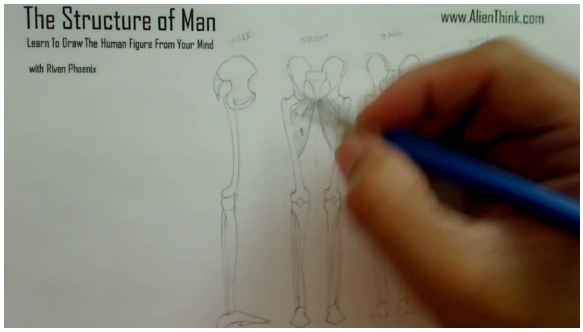
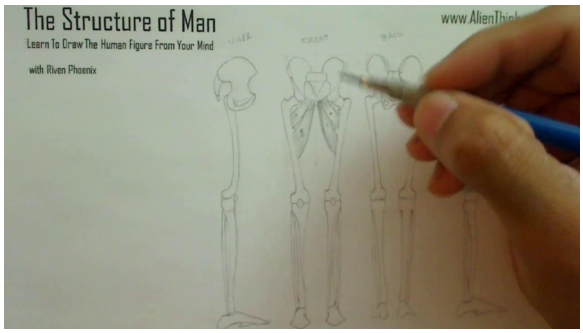
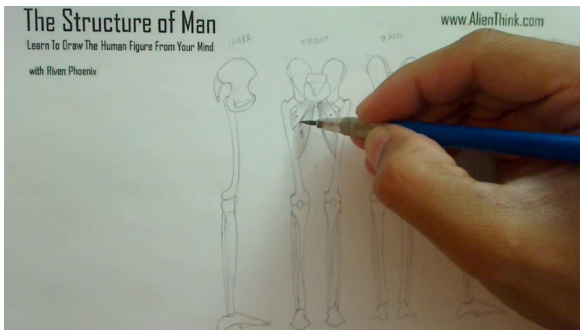
69		Right, so here I'm just going to erase with this good eraser.
70		And we're just going to put in these small details in here, so he's C.
71		Okay, so we don't have to really put anything in here for C because the thing is,
72		we're actually going to be erasing some of these muscles because they're going to be muscles layered on top,

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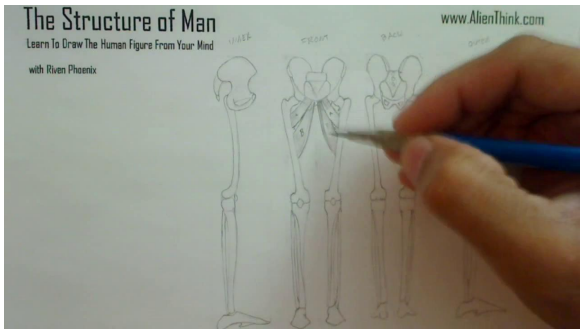
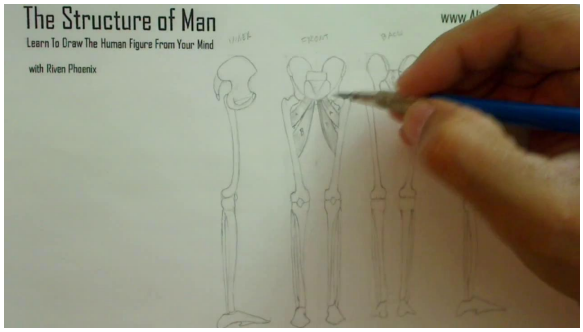
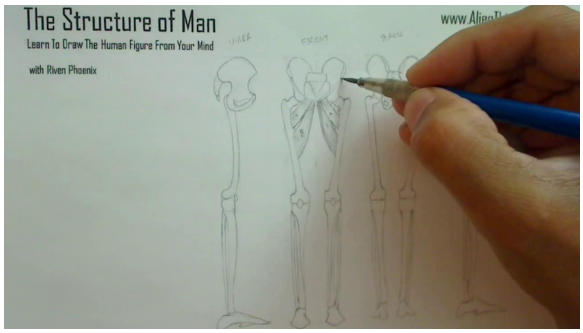
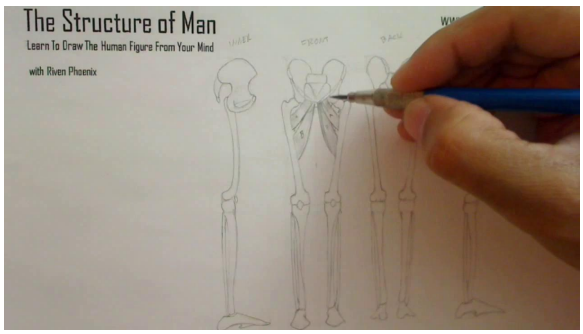
73		but we got to understand the system.
74		So what happens next is basically right over here, you're going to get like this string.
75		Imagine this to be a string over here that's attached, okay.
76		And what's going to happen right from here, you're going to get another muscle.

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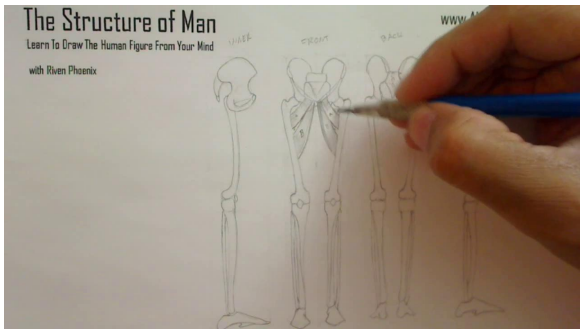
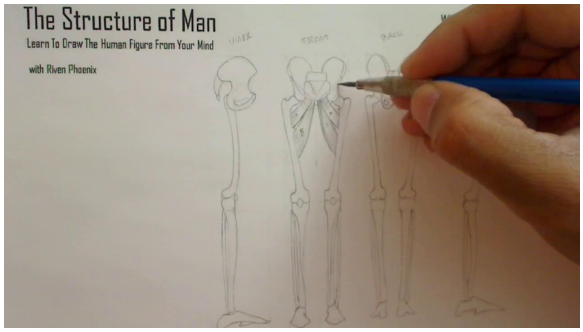
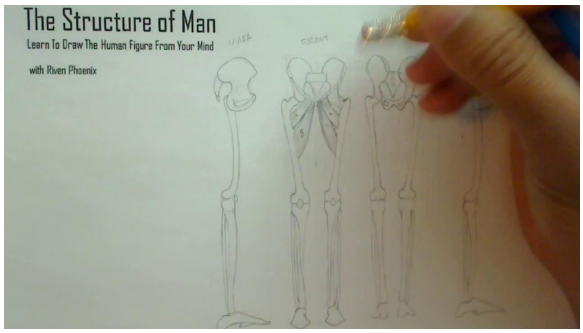
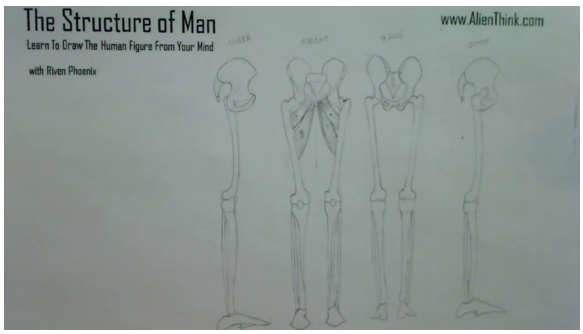
77		And this muscle basically does the same thing and he's just going to come from here
78		and he's just going to hang off like this, like he's hanging off a rope.
79		Okay, so this muscle we're not going to name it all.
80		Okay, and the reason for this is this muscle is really just going to be here.

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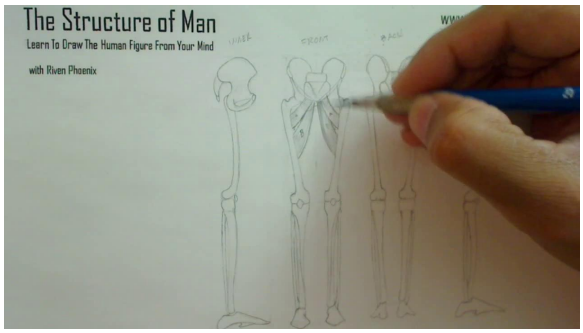
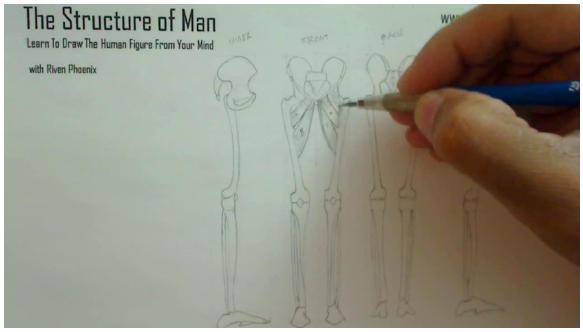
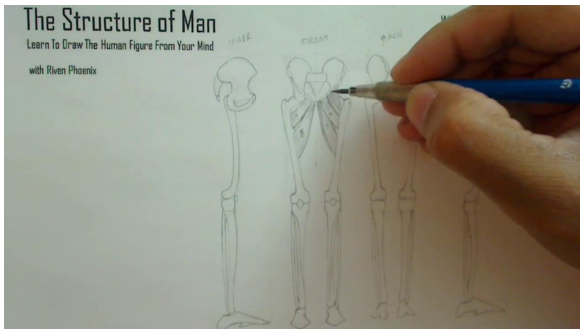
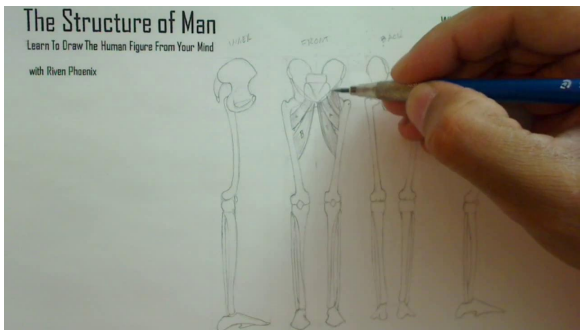
81		He's kind of like divided into parts, but we don't need to name him
82		because we're just going to refer to him as the muscle that just hangs off this cloth,
83		this clothesline, let's say, right.
84		He's always going to be hanging off, but he's next to muscle A and B.

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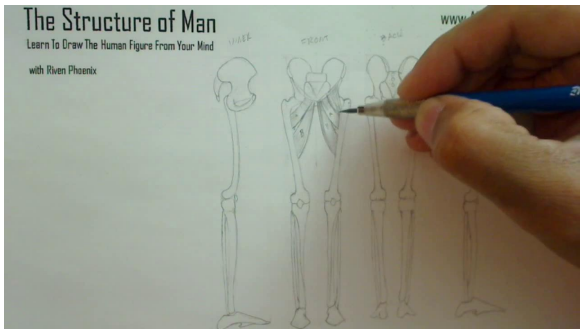
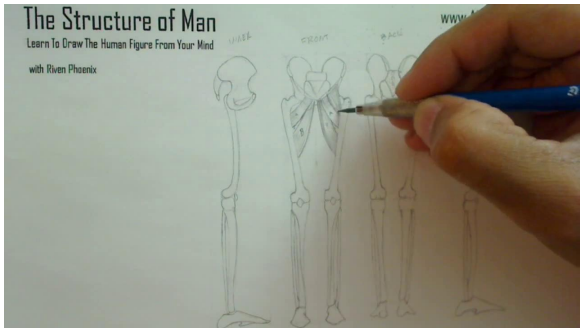
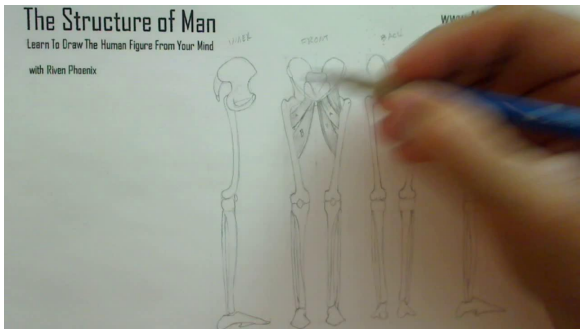
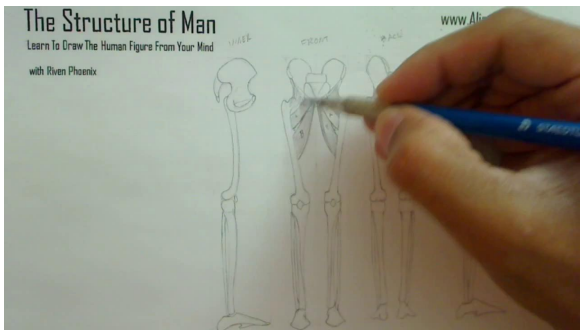
85		He's always going to assure that we understand.
86		Remember what we're doing like this memory mapping system here.
87		So this guy will just come from here and he's just going to go in here just like this.
88		Okay, and he's just going to go just like this over here.

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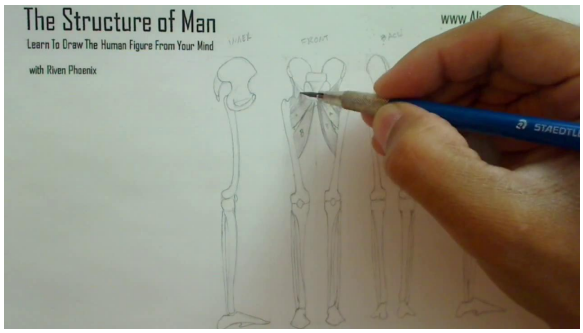
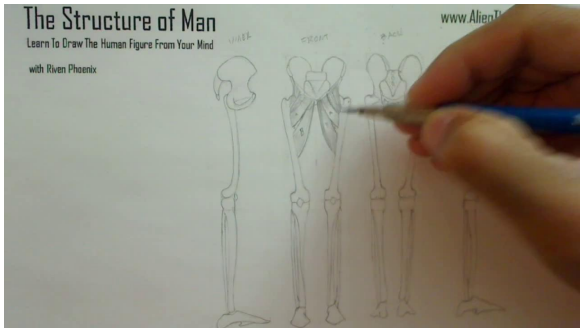
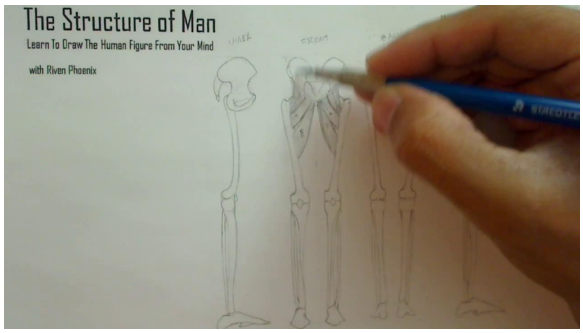
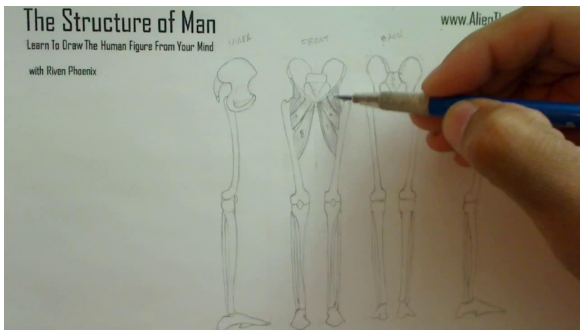
89		So he's like has a division in him, right.
90		So what is to understand from these muscles already?
91		You know that the abs are going to go right above.
92		So you can already tell the lines that are going to be here, right.

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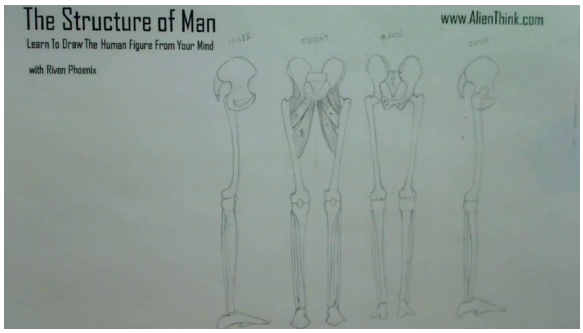
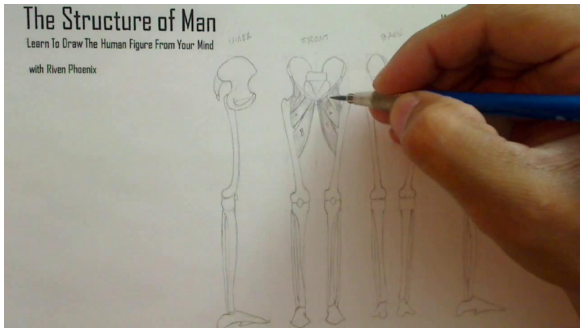
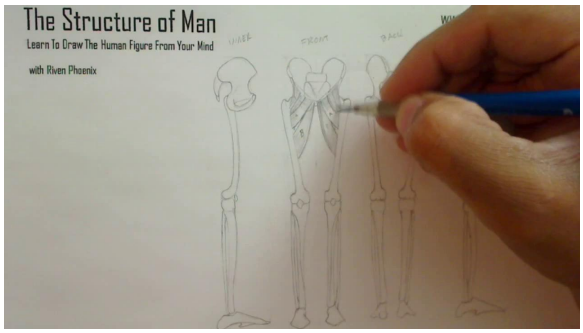
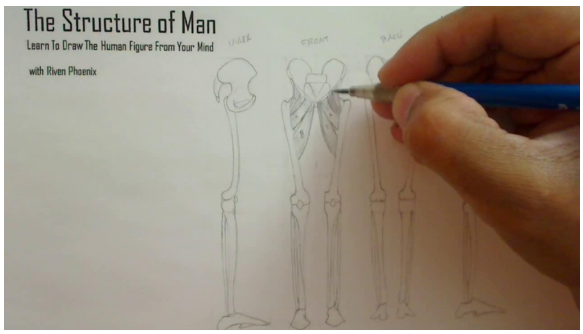
93		When we're understanding about all these muscles over here.
94		So I'm going to get like this one line over here that's going to separate it.
95		And he's just going to go like this, right.
96		And then you can put like this very light version of the line,

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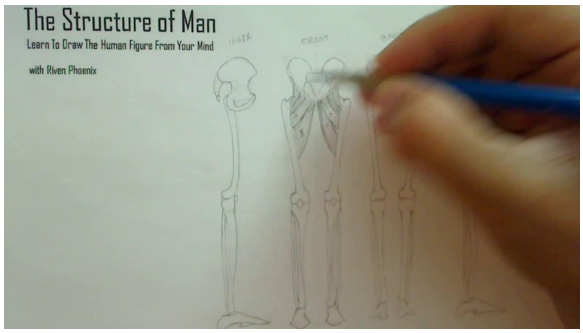
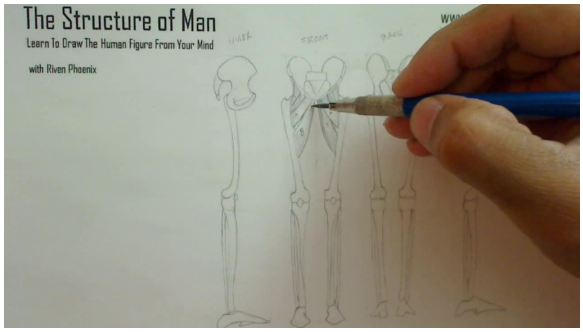
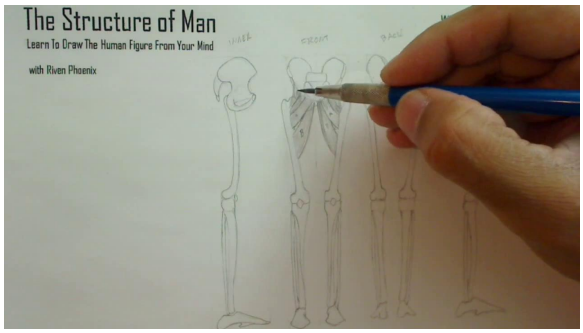
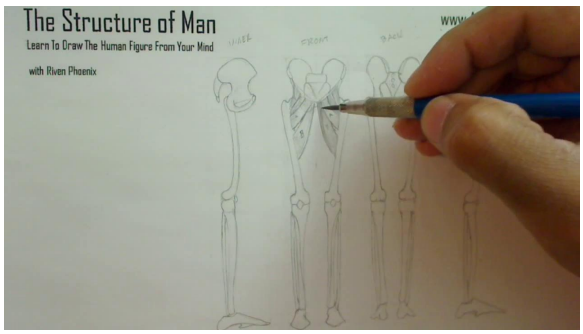
97		but understand how many lines are we dealing with here, right.
98		So you've got one, two, and then this is considered the third line,
99		but you can do one, two, three, four, right.
100		So you got one, two, three, four, right.

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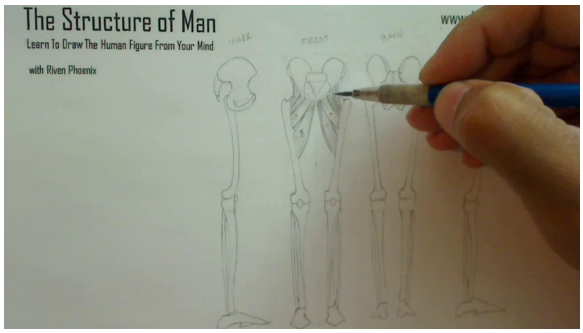
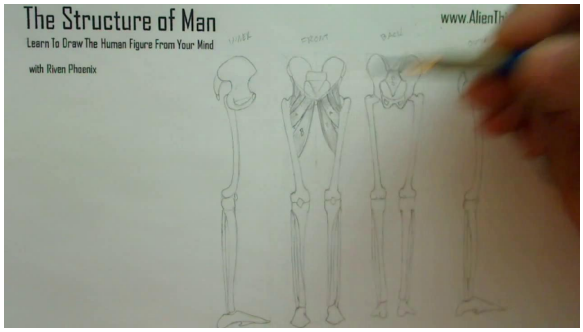
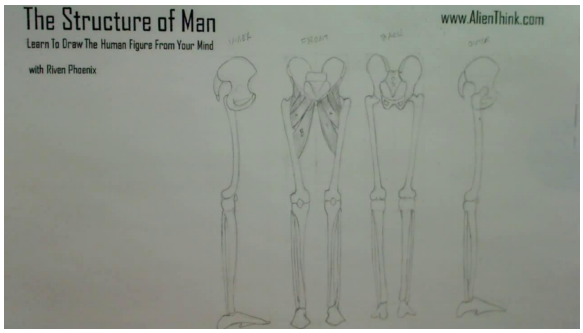
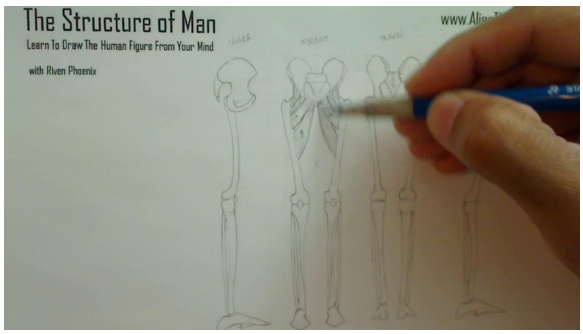
101		Okay.
102		So now muscle B is really the muscle that is referred to as the abductor longest muscle.
103		Okay.
104		So he's just going to connect from here in the front and he's just connecting over here.

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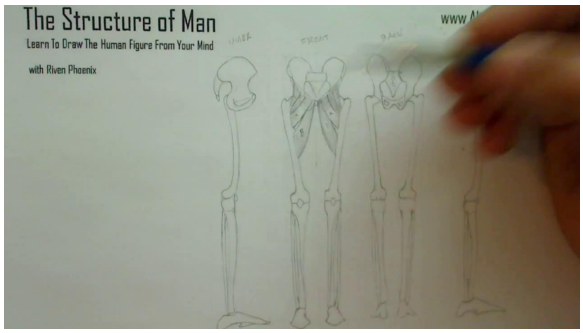
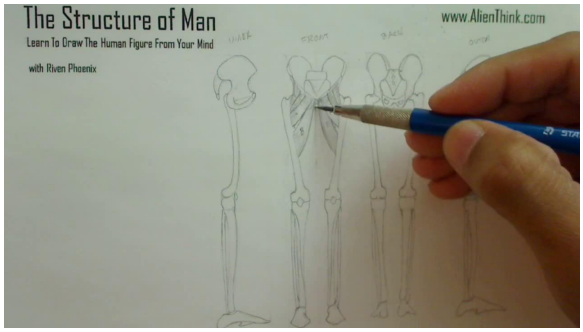
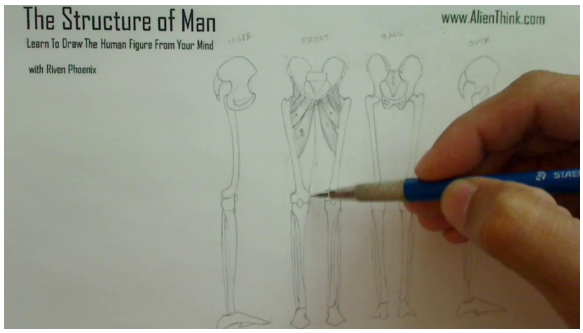
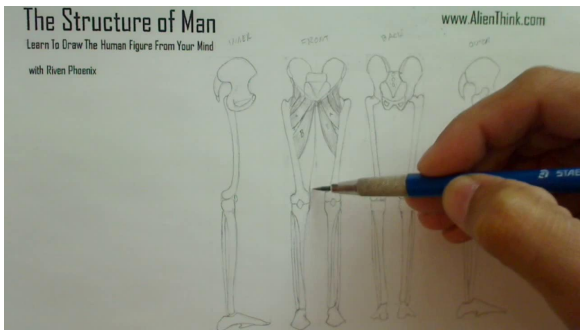
105		So what happens next is basically is now you're going to get a muscle that's really just going to define the outer of your leg.
106		So what happens is that when this muscle comes looking, he just goes like this and then he's going to come right over here,
107		but he's going to attach like this with a tangent over here, right.
108		So he's going to have like this string over here.

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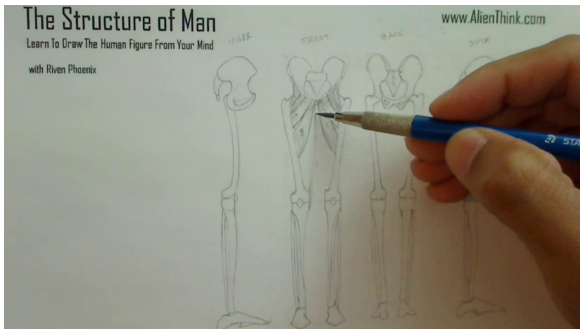
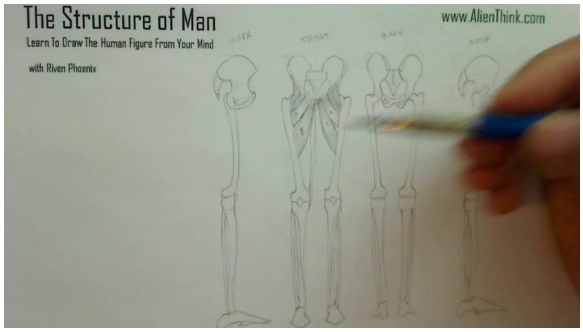
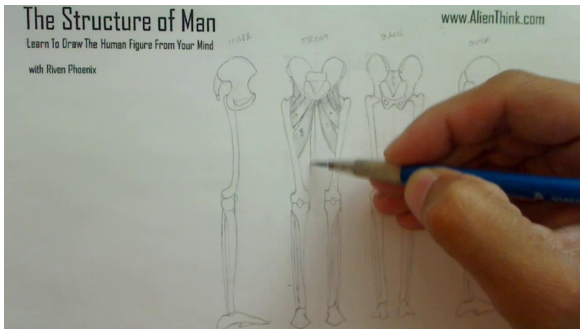
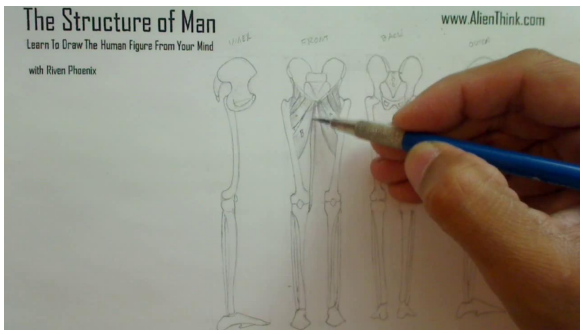
109		So he's going to be pretty much like this over here, but he's going to come in like this and he's going to be on the side.
110		So we're going to understand his function because he's going to make an impact on the structure of the muscles.
111		Because all he does is just come back and he can, he turns into a string over here and he goes like this and he's kind of like this flat muscle over here, right.
112		So he's going to be muscle D.

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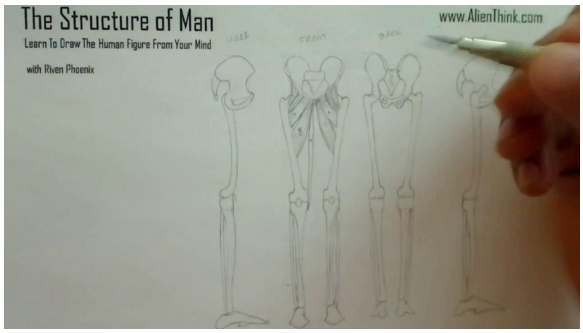
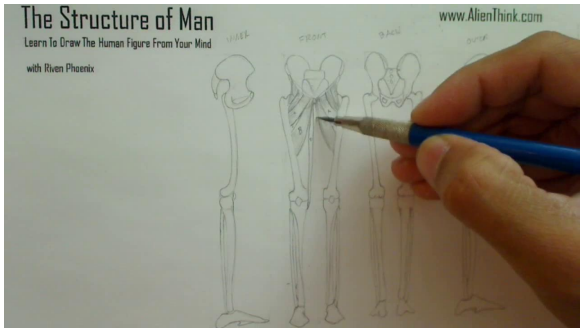
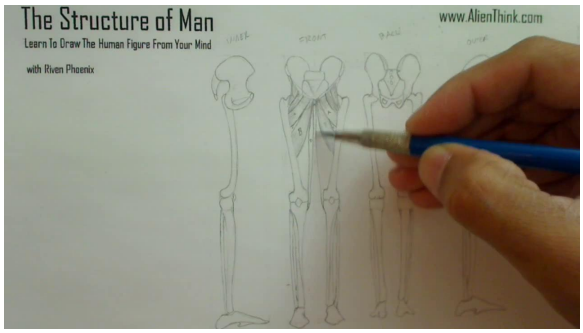
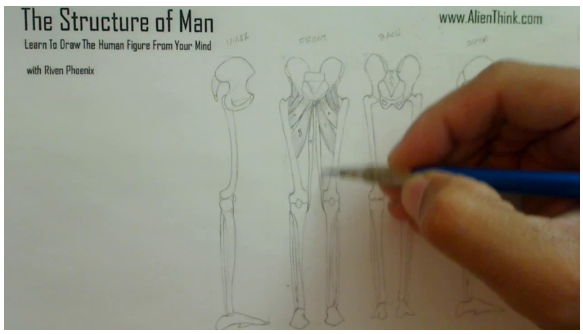
113		Okay. So he's going to do the same exact thing right over here and you can already see that how the legs are divided because of this muscle over here.
114		So we're going to do the same thing over here and just say that, okay, he's going to go over here just like this, right.
115		And again, we can erase all this stuff later on to make the leg a little bit better looking in the end because we'll start to get all the count or lines.
116		Okay. So he is muscle D.

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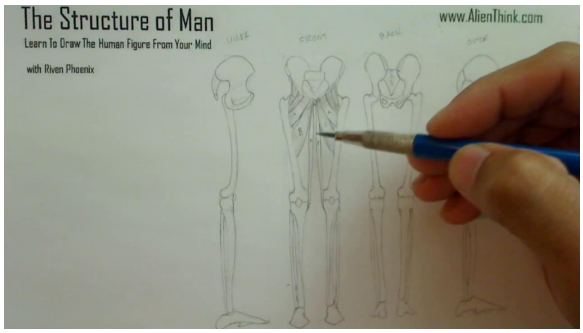
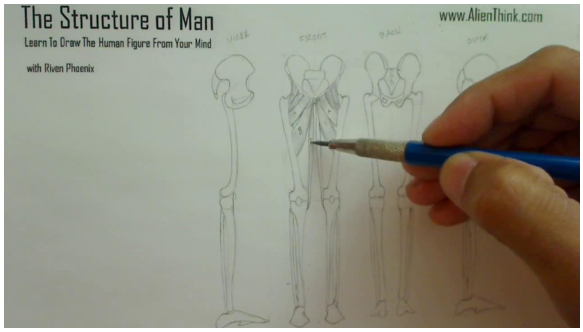
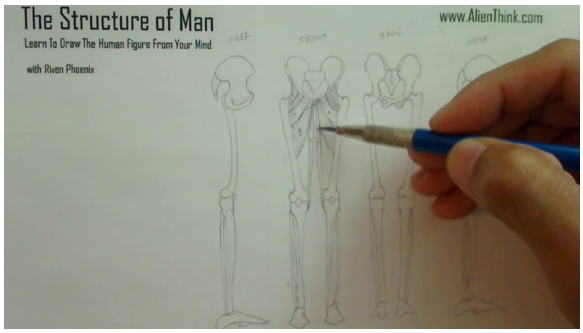
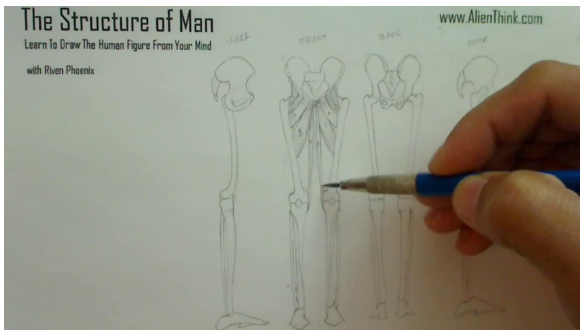
117		Okay. So he's just going to be like this over here.
118		Very, very lightly. I'm going to put him in.
119		Okay. So he's just going to be here, right.
120		So understand what happened here.

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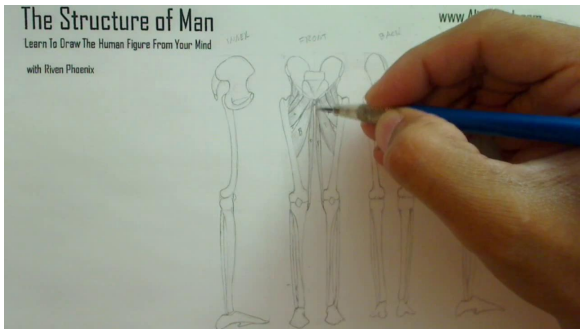
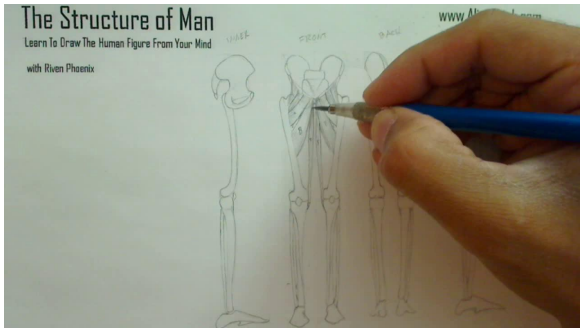
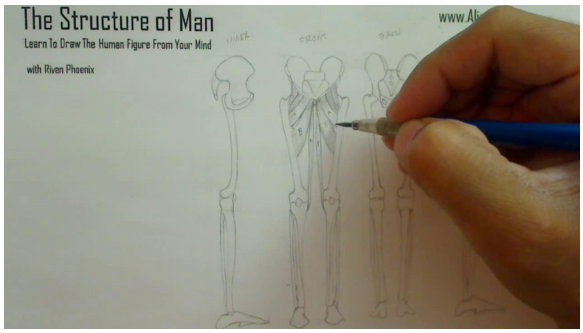
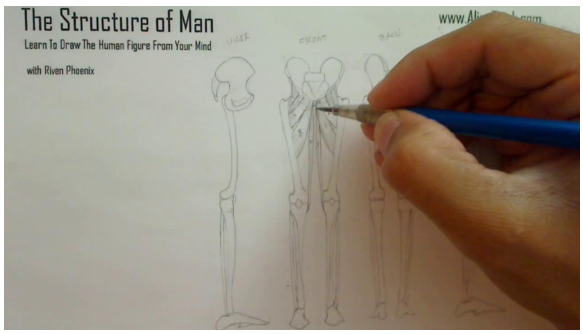
121		Okay. Let's understand what happened here.
122		So we got B, we got A, B, we know the C, we will never see.
123		Okay. And then you got D.
124		But we have to understand the C is there because sometimes you can't see it, but it's just for your knowledge that C is there.

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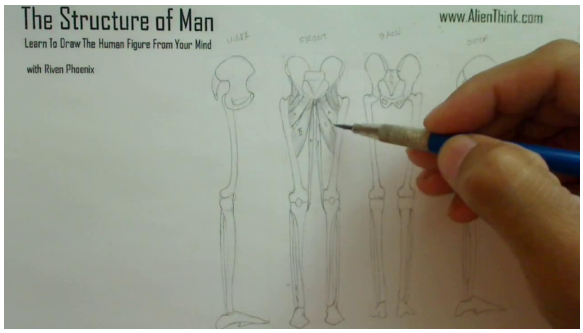
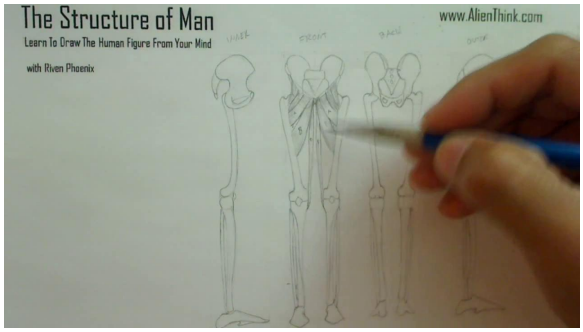
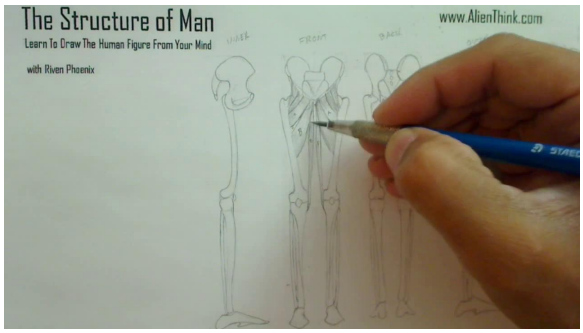
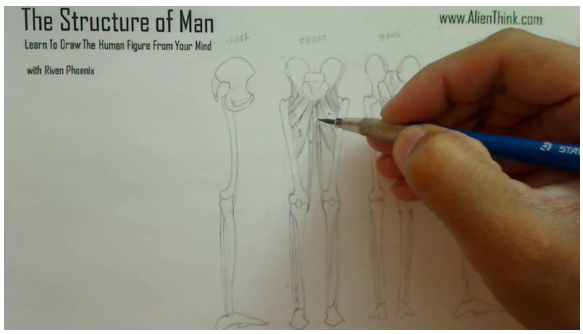
125		And the reason you're not going to see it because you're going to get all these muscles, he'll, he'll just be hidden, but sometimes you'll get like a peak.
126		But he am just showing you an extreme detail understanding of that muscle and it's good to just know some of these details.
127		Okay. So he's just going to go like this.
128		So we got all the muscles there understood.

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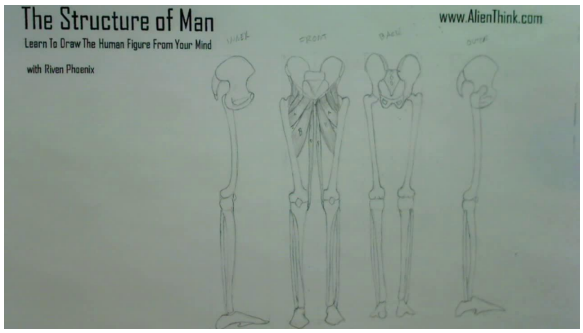
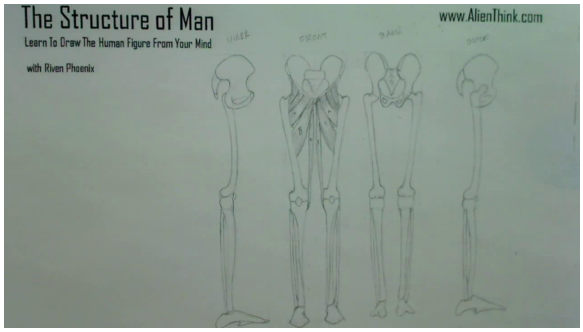
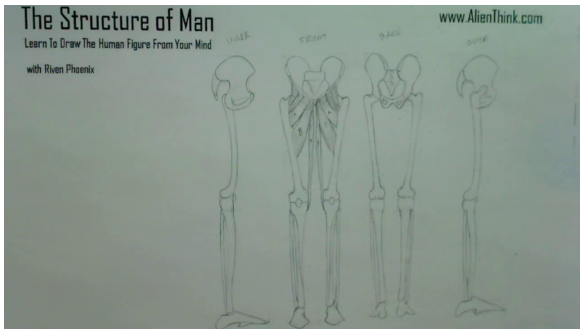
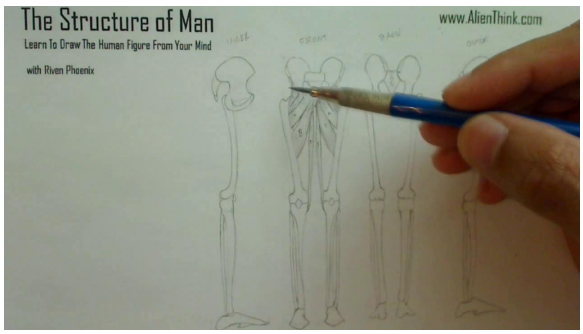
129		So now what happens is now you're going to get magnets.
130		And this is called the abductor magnets muscles.
131		So they're two of these guys, right.
132		So here we know that this is longest, the abductor longest and now you're going to get magnets.

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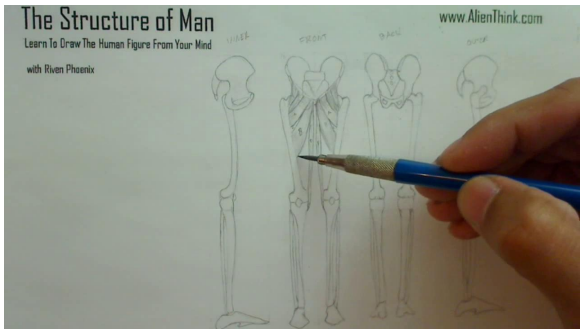
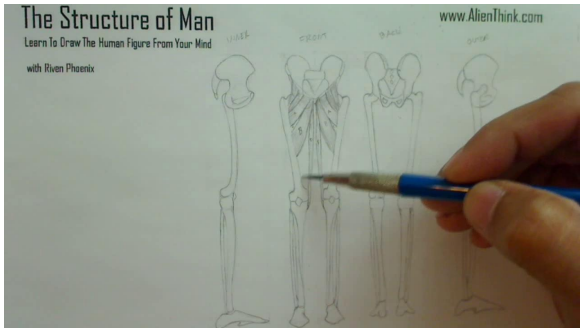
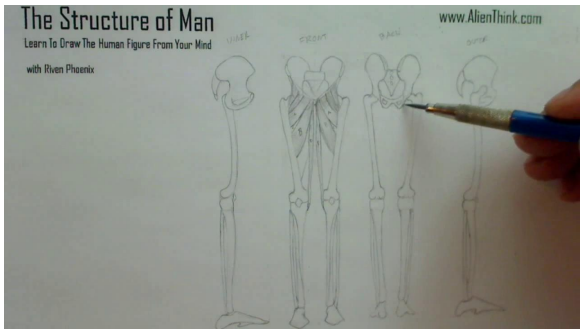
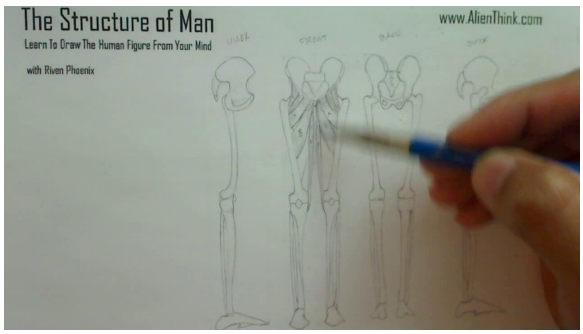
133		And basically what magnet is is that he's a muscle that's connected all the way here, but he's connected on the back and he connects over here.
134		So what happens to him is that he's just basically going to go up like this over here and he connects all the way here in the back.
135		See this thing over here, he's going to connect all the way here in the back.
136		So he's going to disappear from us like this and he's actually divided into parts because he connects also over here.

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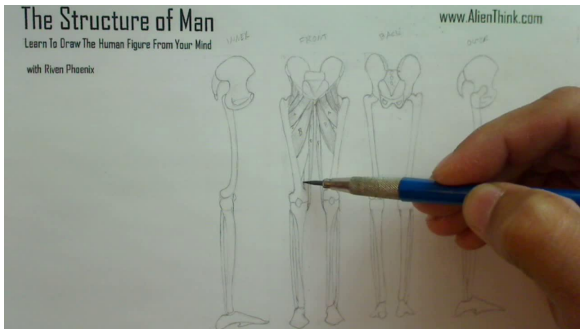
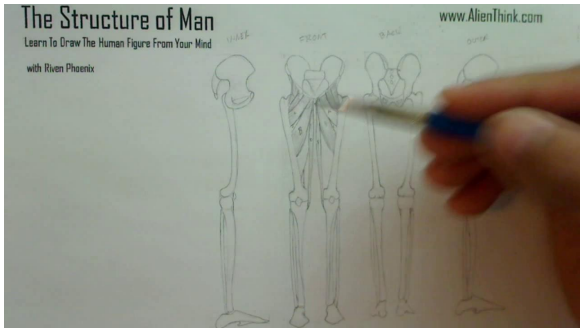
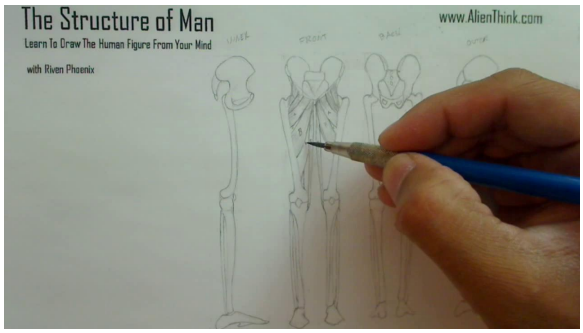
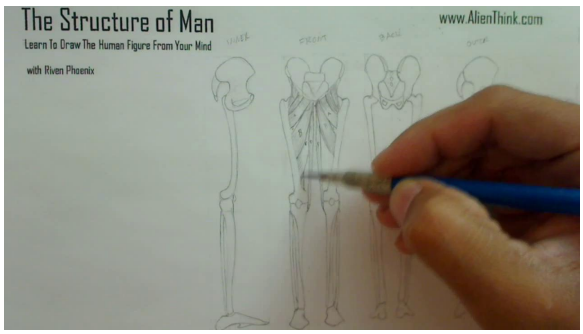
137		So there's like this space over here that you should know about.
138		Okay. So he basically this guy we're going to refer to as muscle E.
139		And I'm going to put him here because he's going to peak out a little bit later on, which is going to do this very, very slowly.
140		You can already see that we're starting to get quite a bit of muscles, but you'll be amazed at how easy this will become

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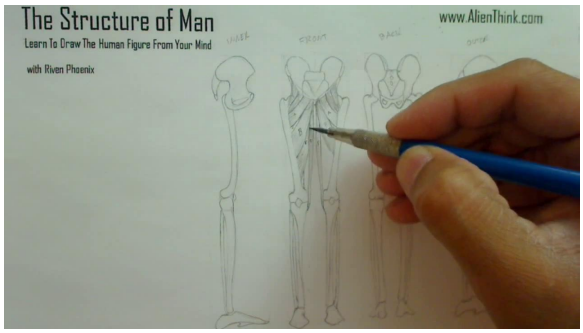
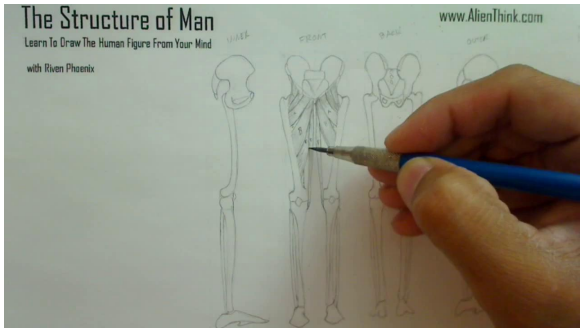
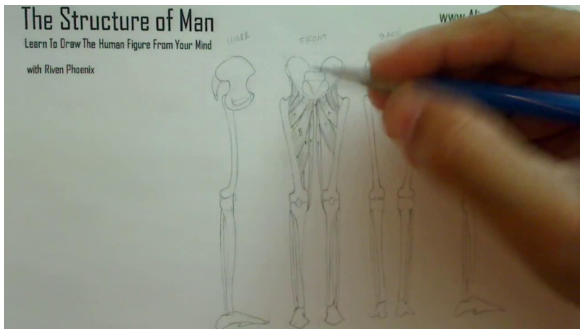
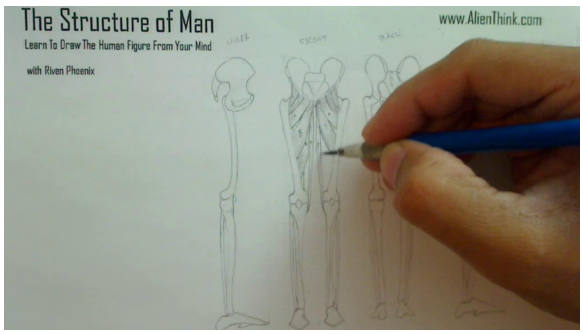
141		to be drawing it out because it's really the inner workings of the leg that we have to understand.
142		The outer stuff is very easy.
143		So again, over here he's just going to go like this.
144		We know that yeah, okay, so he just connects over here.

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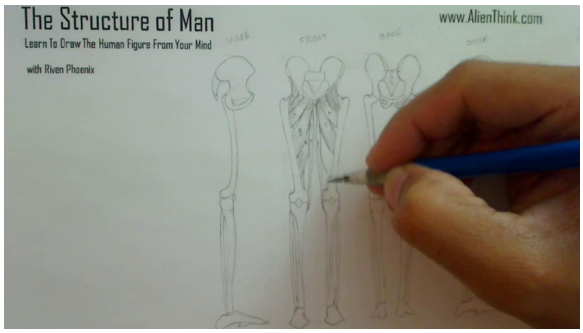
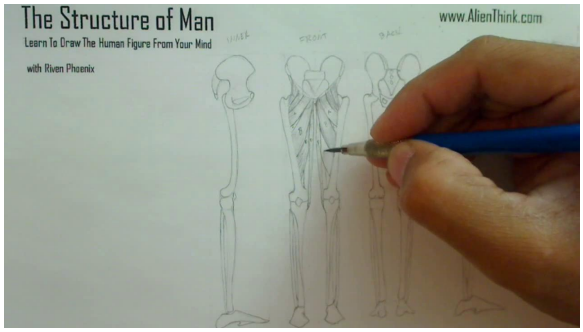
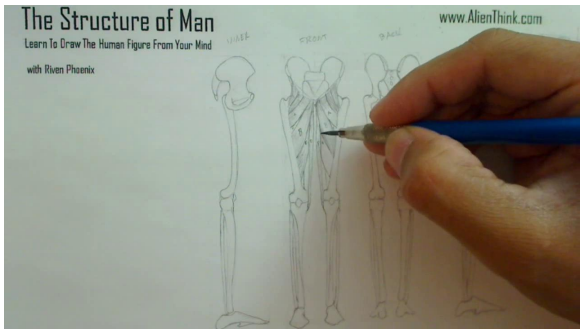
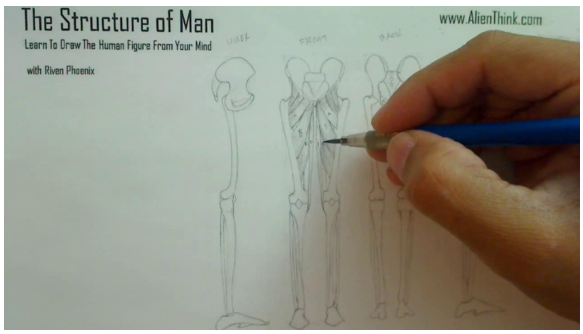
145		He splits into, but we understand that he's actually connected in the back and these guys are connected more than the front over here off the femur belt.
146		So he is E.
147		So I'm going to put these lines in very, very lightly again over here like this.
148		Okay.

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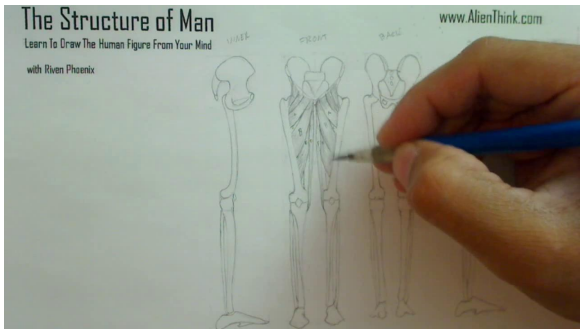
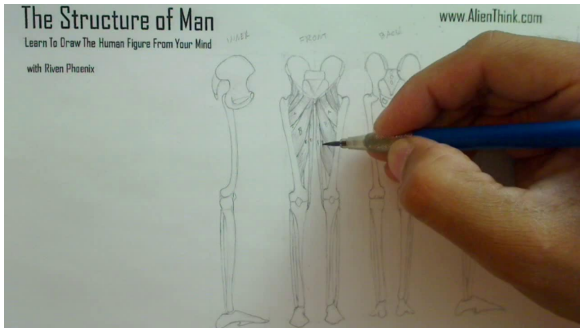
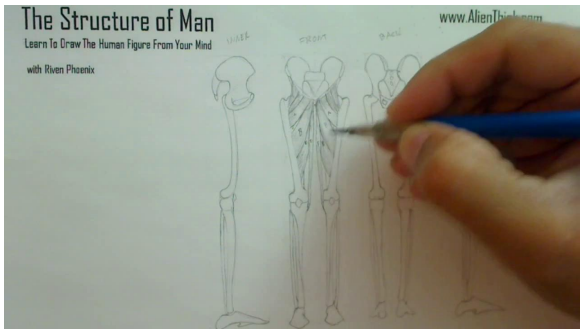
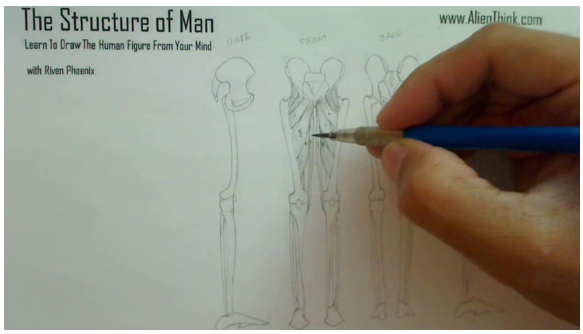
149		So we are over here.
150		Make sure I got this.
151		Okay, you should be seeing this very clearly as to what's going on over here.
152		Right, because this is why we need to know who Magnus and Longas are is because right here, see these points that I'm doing.

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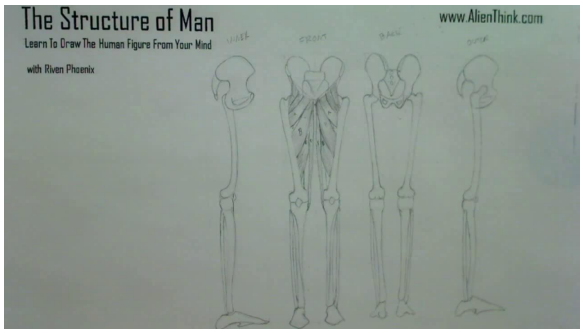
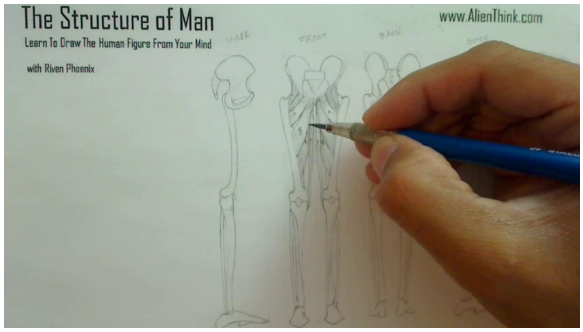
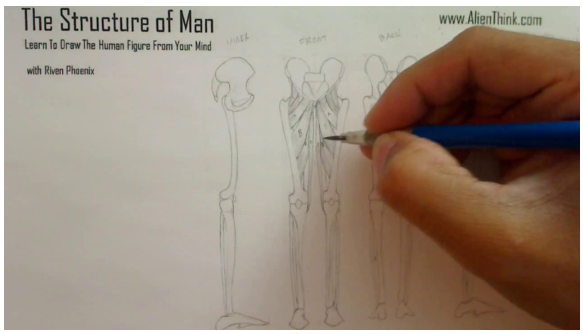
153		I'm trying to keep this as clean as possible because the pencil has to be really sharp for this.
154		It's because all like this here, like this little point that's coming out, this is what's going to start to peak out of the muscles.
155		Right, and you want to know understand this because if you are, if you have like anatomical and anatomical book and you're referring to it,
156		it's going to be pointing out these little things and it'll just get confusing and this because they start to peak out.

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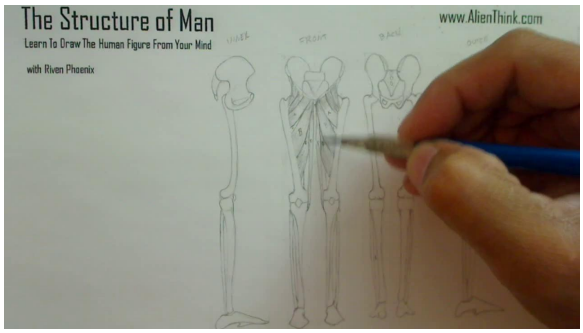
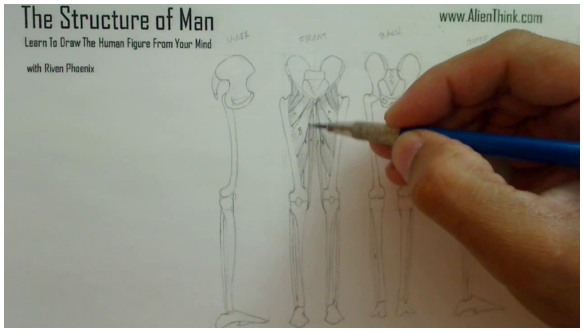
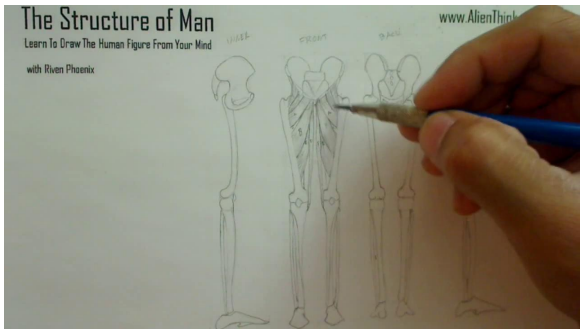
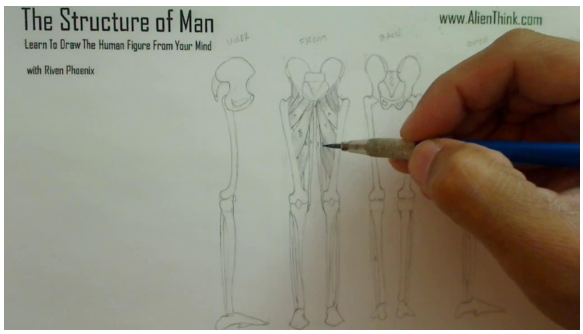
157		But we're going to have a very good understanding of this.
158		So even with this in our memory, if you look at anatomical books, you will understand why this muscle, why these muscles behave the way they do.
159		So these are quite a bit of muscles, but really if you look at them, it's just A, B, C, and then days here and then we got E.
160		So in the next lesson, we're going to actually move forward very slowly and begin to understand this inner working first.

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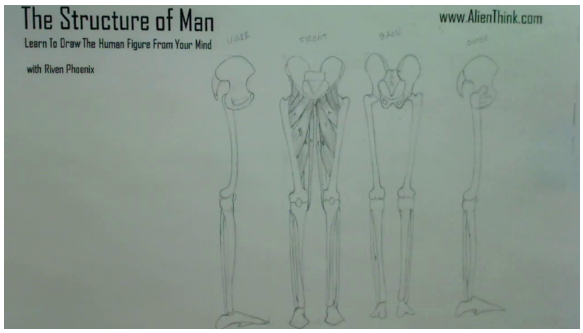
161		So I'll see you in the next lesson.

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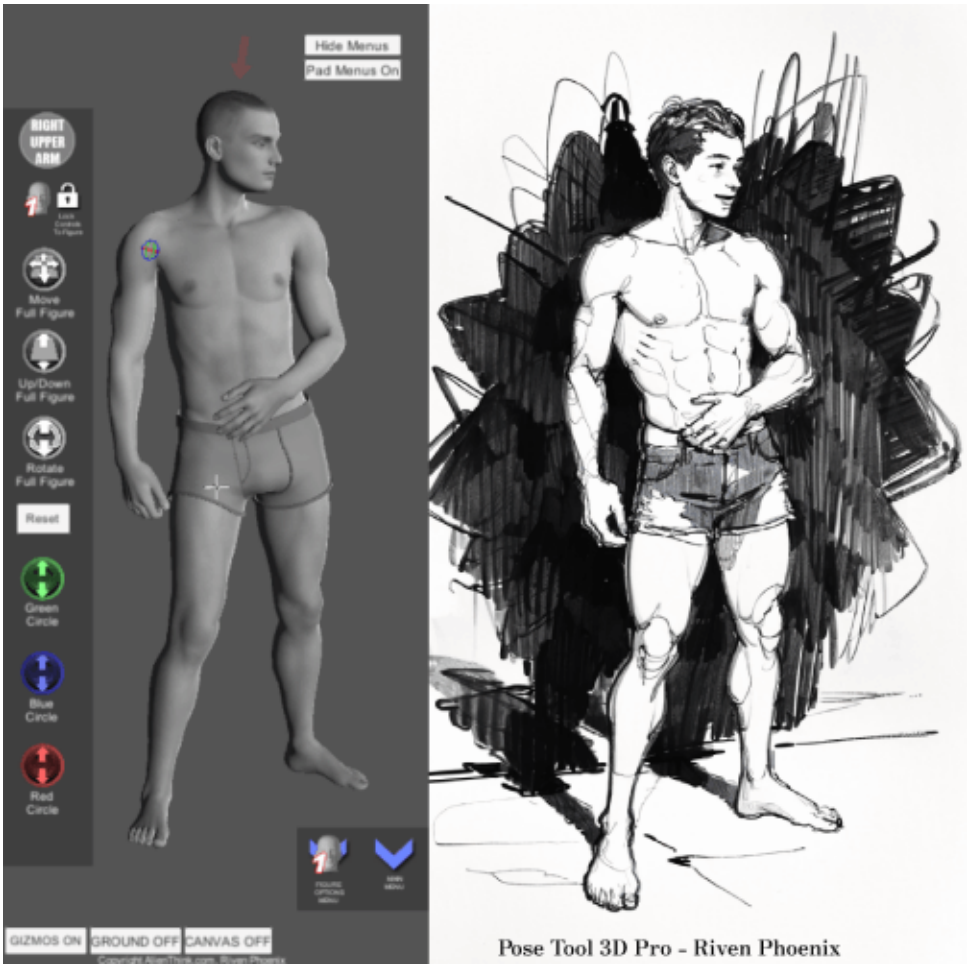

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